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FIFTEENTH EDITION

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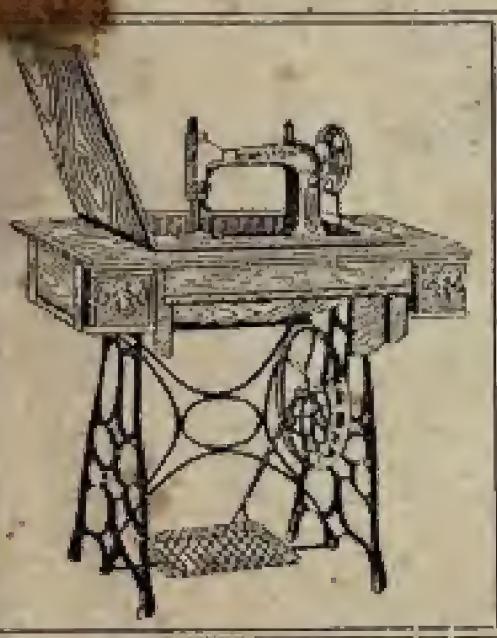
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PREFACE TO THE FOURTEENTH EDITION.

A NUMBER of new recipes have been added to this edition, besides a good deal of other valuable information. All this new material, as well as that contained in the supplements to the previous editions, will be found in their proper sections in the body of the book. The useful hints at the end of the book have been classified and indexed.

The young and inexperienced housekeeper need have no fear of failure, provided she follows carefully the directions given, as the great aim of this book has always been, not only to provide wholesome and economical recipes for capable housewives, but to help those who have not had the benefit of maternal guidance and home training. It is significant that many discerning women have made it a habit to give a copy of the "Presbyterian" Cookery Book to every new bride of their acquaintance.

The following is a list of the editions issued to date:—

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The Committee of the Women's Missionary Association of the Presbyterian Church of New South Wales, under whose auspices the book is published, desire to record their appreciation of the public favour bestowed upon it, and repeat the statement that all profits accruing therefrom are devoted to the support of missionary efforts at home and abroad.

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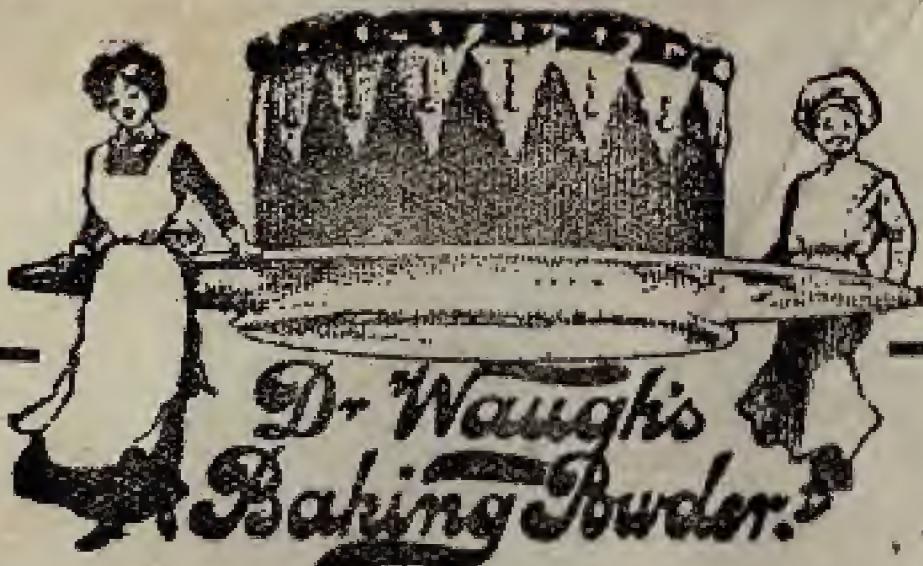
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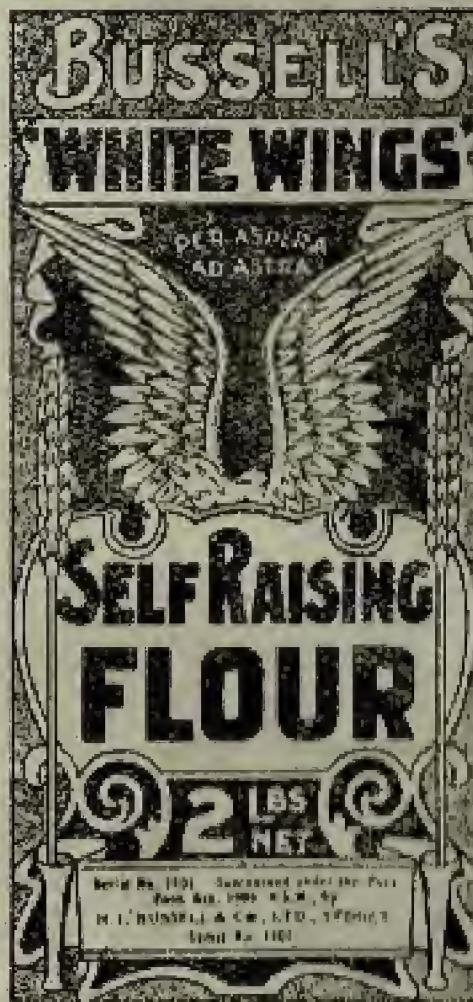
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This College is a branch of the Presbyterian Ladies' College at Croydon, and is under the direction and management of the same Principal. Pymble is elevated, being about 450 feet above sea level, and nine miles from Sydney, on the North Shore line.

There is accommodation only for a limited number of boarders, who will dwell in separate houses on the estate. Up to the present two houses have been built. Each is complete in itself, containing common room, dining room, lavatories, bath rooms, music rooms, &c. Each house is close to the administrative block, containing the school room, class rooms, &c.

The estate contains about 50 acres, and abundant provision has been made for outside games and exercise. There will be a fully equipped staff of resident and visiting teachers.

Day scholars are received.

The College will be opened very early in February, 1916.

Send for Prospects.

JOHN MARDEN, M.A., LL.D.,

PRINCIPAL.

DR. WAUGH'S UNEQUALLED BAKING POWDER makes all the "difference"

QUANTITIES.

Exact measurement is absolutely necessary to ensure the best results in cookery. To avoid error it is wise to take level measures rather than heaped. Where scales are not available the following table may be useful:—

1 breakfast cup holds $\frac{1}{2}$ pint.
1 pint of liquid weighs about 1 pound.
1 level cup of flour weighs 4 oz.
1 " " crystallized sugar weighs 8 oz.
1 " " brown sugar weighs 6 oz.
1 " " rice weighs 8 oz.
1 " " butter or dripping weighs 8 oz.
1 " " (well pressed down) of bread-crumbs weighs 4 oz.
1 " tablespoon of flour weighs $\frac{1}{2}$ oz. (bare)
1 " " butter weighs $\frac{1}{2}$ oz. (good)
1 " " sugar weighs $\frac{1}{2}$ oz. (good)

* IN MEASURING LIQUIDS

1 Tablespoon of liquid equals about 1 oz.
2 dessertspoons equal 1 tablespoon.
2 teaspoons equal 1 dessertspoon.
2 saltspoons equal 1 teaspoon.
1 wine glass equals $\frac{1}{2}$ teacupful or $\frac{1}{2}$ gill.
4 gills equal 1 pint.

TIME-TABLE FOR COOKING MEATS.

Exact quantities alone are not sufficient to ensure success; careful attention must be paid to time. The kitchen clock must be consulted if meals are to be punctual and food well cooked.

TIME allowed for cookery is an important item in each recipe. For cooking meats the following general time-table will prove a safe guide.

Weigh joints and note the quality. A thick solid joint should be allowed longer to cook than a thin joint, even if of equal weight.

For roasting or baking beef or mutton, 15 minutes per lb. and 15 minutes over.

For roasting or baking veal or pork, 30 min. per lb., 30 min. over.

For boiling beef or mutton, 20 min. per lb., 20 min. over.

35	30
" veal or pork,	" "

25	25
" corned beef,	" "

30 min. per lb.	35 min. over
" corned pork or brisket,	" "

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COOKERY BOOK

— OF —

GOOD AND TRIED RECEIPTS.

REMARKS ON CHOOSING MEAT, FISH, POULTRY, ETC.

BEEF.—The grain of ox-beef, when good, is loose, the meat red, and the fat inclining to yellow. Cow beef has a closer grain, the fat is whiter but the meat not so red. When meat pressed by the finger rises up quickly after the pressure is removed, it may be considered as that of an animal in its prime, and consequently of first-class quality.

VEAL.—The fat enveloping the kidney should be white and firm-looking.

MUTTON.—The meat should be firm and close in grain, red in colour, the fat firm and white.

PORK.—The rind should not be flaccid and clammy, but thin, smooth, and cool to the touch.

POULTRY.—The age of the bird is the chief point to be attended to. An old turkey will have rough and reddish legs, a young one smooth and black. When fresh killed, the eyes are full and clear, and the feet moist.

Young fowls have the legs and combs smooth, they should be plump in the breast, fat on the back, and white legged if for boiling, black if for roasting.

FISH.—All white fish are rigid and firm when fresh.

Cod is known to be fresh by the rigidity of the muscle (or flesh), the redness of the gills, and clearness of the eyes.

Fresh water fish: The remarks as to firmness and clear, fresh eyes apply to this variety of fish.

Oysters, when alive and in full vigour, will close fast upon the knife in opening, and let go as soon as they are wounded in the body.

YOLKOVA, it improves the Puddings.

SOUPS.

STOCK AND CLEAR BROWN SOUP.

Take 4 lbs. shin of beef, a small piece of turnip, 1 medium carrot, 1 onion, 1 leek, 3 stalks celery, a bunch of sweet herbs, $\frac{1}{2}$ teaspoon black peppercorns, $\frac{1}{2}$ dozen cloves, 1 teaspoon salt, 5 pints cold water. Take the meat off the bones, remove the fat, and cut the lean meat and skin into small pieces. Break the bones as much as possible, putting aside all marrow and fat. Put the meat, bones and skin into a clean stock pot, along with the water and salt. Set the stock pot at the side of the fire to come to the boil slowly. As the stock comes to the boil, skim thoroughly and add the seasonings. Allow it to simmer gently 4 hours, then add the vegetables (previously washed and cut up). Allow the stock to simmer for at least 2 hours longer (i.e., 6 hours altogether), skimming occasionally. Strain through soup cloth and set aside. Next day, when the stock is quite cold, the fat must be removed from the top and the stock wiped over with a cloth dipped in boiling water so as to free thoroughly from fat. If the stock has been carefully skimmed, simmered very gently, and allowed plenty of time, it should be quite clear for ordinary use as brown soup. If not clear enough, it can be clarified in the following manner:—Put the stock into a jelly pan with the whites and shells of 2 or 3 eggs, or $\frac{3}{4}$ lb. lean gravy beef cut up very finely. Set the pan on the fire. Whisk the stock till it comes to the boil, then stop and allow the soup to boil well up. Lift the pan off the fire, cover with a clean cloth and allow the soup to settle for $\frac{1}{4}$ of an hour. Fasten a jelly bag to the backs of two chairs and pour a quantity of boiling water through it. Pour the soup into the bag and allow to filter through. If not clear the first time, pour through again, putting in a little of the soup at a time at the side of the bag. Heat again and serve.

WHITE STOCK.

Take 4 lbs. knuckle of veal, or 2 lbs. knuckle of veal and 1 fowl, $\frac{1}{2}$ small carrot, 1 onion, white part of leek, 3

stalks celery, a small piece of turnip, $\frac{1}{2}$ teaspoon white peppercorns, 2 blades mace, a small ham bone, $\frac{1}{2}$ teaspoon salt, 5 pints cold water. Proceed as for brown stock. Simmer gently 6 hours.

SECOND STOCK.

The meat and bones used for both the above stocks should be put on the next day with the same quantity of water, fresh vegetables, and seasonings. Simmer 5 or 6 hours.

PLAIN HOUSEHOLD GRAVY.

This can be made of any bones or trimmings by merely boiling them, and all fat having been removed it can be seasoned and flavoured as required. An excellent plain gravy can be made as follows:—Fry until lightly brown 3 or 4 bones from which streaked bacon has been cut, taking care, previously, to skin and have them clean. Fry some onions brown, put them with the bones and a small turnip, with a pint of water or stock, and boil for $1\frac{1}{2}$ hours. Strain clear from fat, and use as required. This gravy answers well for cutlets. Mix a teaspoonful of flour in $\frac{1}{2}$ pint of cold gravy, and having thoroughly drained the pan of the fat in which the cutlets were cooked, pour it in, and stir over the fire until thickened. Add Worcestershire Sauce or any other flavouring.

BARLEY BROTH WITHOUT MEAT.

A $\frac{1}{4}$ of a pound of Scotch barley, 2 or 3 onions, sliced, 5 quarts of water. Boil gently for an hour, pour out into another vessel; now melt a lump of dripping in the saucepan and stir into it a $\frac{1}{4}$ of a pound of oatmeal till you bring it to a paste, then add the barley a little at a time, stirring it well together till it boils. Season with a teaspoonful each of pounded celery and ground black pepper, and salt to taste. Let it simmer gently for $\frac{1}{2}$ an hour and it will be ready. For a small quantity reduce the ingredients proportionately.

BROWN SOUP.

Take 1 lb. shin of beef, 1 small carrot, 1 onion, a small piece of turnip, 1 oz. dripping, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful pepper, a few sweet herbs, a quart of cold water. Cut the meat into small pieces, peel and slice the onion, wash and scrape the carrot, peel the turnip, and cut both into thin strips. Heat the dripping in a pan; when quite hot, brown the meat and onion in it; make them a deep brown; then pour off the dripping, add the vegetables, sweet herbs and water. Simmer for 2 hours, take out the herbs, season with pepper and salt, and serve.

CHICKEN BROTH FOR INVALIDS.

Cut up an old fowl, cover it with a quart of water, and stew gently till done to rags. Season with a teaspoonful of mixed salt, pepper and mace, and a slice of onion. $\frac{1}{4}$ oz. almond, pounded with a teaspoonful of water and stirred into the broth, improves the flavour. When all the nutriment is extracted from the fowl, strain the broth, let it stand to cool, and remove the fat before heating it for use.

CHICKEN ESSENCE FOR INVALIDS.

Cut up a juicy chicken into pieces, put it into a wide-mouthed stone bottle or jar, sprinkle over it $\frac{1}{2}$ a teaspoonful of salt, cover it with a bladder (in which a few holes must be pricked). Place the bottle on the hob; as it heats, the liquor distilled from the meat will rise and must be poured off. It is pleasant to the taste, and a single teaspoonful affords great nourishment.

CRESSY SOUP.

Take the red part of 6 carrots, 1 turnip, the white of 2 leeks, 1 small head of celery, cut them small, boil in water till quite tender, strain off the water, rub them through a colander, add 2 quarts good stock, and a crust of bread. Boil 1 hour, strain through a hair sieve, and season to taste. If too thick add more stock.

FISH SOUP.

Take 2½ lbs. fish of any kind, wash and skin it, and separate the flesh from the bones. Put into a large saucepan the skin, bones, and trimmings, with 2½ quarts water. Bring it to the boil, then add 1 parsnip, 1 carrot, 2 onions, a handful of parsley with the stalks, 1 teaspoon salt, and ½ teaspoon pepper. Boil 1½ hours, till the substance is well extracted, then strain through a colander. Wash the pot and return the liquor to it. Rub 1 tablespoon flour smooth with a little milk, add the rest of the pint of milk and 1 oz. butter, and stir well into the soup. Cut the fish into pieces the size of an oyster, put them in, boil 20 minutes, season to taste, and serve.

INVALID'S SOUP.

Into 3 quarts of cold water cut small 1 lb. gravy beef, 1 lb. scrap of mutton, and a half or quarter of a calf's foot (or 2 oz. isinglass); gradually boil, skimming well; then add 3 oz. vermicelli, 3 tablespoonfuls of mushroom ketchup, 24 corns of allspice, and a sprig of sage; simmer 4 or 5 hours till reduced to one quart, strain through a fine hair sieve, and carefully remove all fat, add salt to taste. This soup may be taken either cold as a jelly, or warm as a soup.

KIDNEY SOUP.

Take 1 ox kidney, 1 onion, 1 small carrot, a small piece of turnip, 1 stalk celery, 2 quarts second stock or water, 2 oz. butter, 2 oz. flour, pepper and salt, juice of half a lemon. Wash and dry kidney, and remove fat from centre; cut it into small pieces and dredge well with flour, put butter in pan in which soup is to be made, and put it on the fire to heat. When very hot put in half of the kidney and fry a dark brown, then lift them out, allow the butter to get hot again, put in remainder of kidney and onion, and fry them also; return the kidney to pan, add stock, skim well as the soup comes to the boil. When it boils add the vegetables (*mashed and cut up*), and simmer gently for three hours; strain the soup through a wire sieve, rubbing the pieces of kidney through, or pick out kidney and serve in soup.

Return soup to pan. Put in a basin 2 large tablespoons flour or cornflour, add pepper and salt; mix into a smooth paste with cold water, and add to soup. Put the pan on the fire again, and allow soup to boil for a few minutes, stirring frequently. Just before serving add lemon-juice.

LENTIL SOUP.

Take 1 lb. lentils, 1 large carrot, 3 large potatoes, $\frac{1}{2}$ small turnip, 3 onions, a little bit of celery, pinch of celery seed, 2 oz. dripping, pepper and salt, $2\frac{1}{2}$ quarts cold water. Wash the lentils well in several waters; wash the vegetables, scrape the carrot, peel the turnip thickly, peel potatoes thinly, cut all into small pieces, skin the onions and cut in slices. Put the dripping into pan in which the soup is to be made, put on the fire to get hot; when quite hot and smoking, put in the onions and fry a nice brown, add lentils and vegetables, pour in the cold water; boil gently for $2\frac{1}{2}$ hours, stirring from time to time. When the lentils are quite soft rub the soup through a colander, adding a little boiling water if the soup has boiled away much; wash out pan, put the soup back into it, add pepper and salt, and allow it to heat through.

LENTIL SOUP (WHITE).

Take $\frac{1}{2}$ lb. split lentils, 2 stalks celery, 2 sprigs parsley, 1 onion, $1\frac{1}{2}$ oz. butter, $1\frac{1}{2}$ oz. flour, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ pint cream, 3 pints cold water, small blade of mace, 8 white peppercorns, salt and pepper. Wash the lentils in several waters, then put them on to boil in cold water; skim as the soup comes to boil; add celery, mace, parsley, onion, and peppercorns; boil quickly $1\frac{1}{2}$ hours, pass soup through hair sieve, put the butter and flour into the saucepan, rub together over the fire with a wooden spoon, add the milk, a little at a time, and stir one way until it boils and thickens; then add a little of the strained soup. Put the thickening and the rest of the soup (smoothly mixed) into a clean saucepan, and allow it to heat through. Just before serving, add the cream, pepper, and salt. Serve with sippets of fried bread.

MILK SOUP.

Take 4 large potatoes, 2 leeks or 1 onion, 3 tablespoons sago or crushed tapioca, 1 pint milk, 2 oz. butter or dripping, pepper and salt, 2 quarts water. Wash, pare and slice the potatoes; wash the leeks thoroughly and cut them up, putting aside the green part; put the dripping or butter into a pan, add the potatoes and leeks; stir all together over the fire for five minutes, but do not let the vegetables brown at all; add water, and boil 1 hour. Rub the soup through the colander. Wash out the pan, put the soup back into it with the milk, and let it come to boil. When quite boiling *sprinkle* in the sago, stir well and allow the soup to boil 10 minutes, stirring frequently. Add pepper and salt, and serve.

MULLIGATAWNY SOUP.

Take 2 good-sized onions, 2 oz. lean ham, 1 carrot, $\frac{1}{4}$ turnip, 1 apple, 1 oz. butter, a little lemon-juice, 1 dessert-spoon curry powder, 1 dessert-spoon curry paste, 2 quarts of second stock, a little flour and salt. Put butter into pan to get hot. Cut up ham, vegetables, and apple, fry the ham and onions brown, add the vegetables, curry powder and paste. Stir all together 2 or 3 minutes, then add stock; boil gently for 1 hour, then strain. Mix 2 tablespoons of flour with water, add to soup, and allow it to boil. Small pieces of fowl should be added to the soup with the thickening. Just before serving add a squeeze of lemon-juice, salt to taste, and if required, a little more curry powder. Serve with rice on a separate dish.

MUTTON BROTH.

Put 4 tablespoonfuls of pearl barley into 3 quarts of cold water, and let it boil. Let it cool; then put in 2 lbs. of the best end of a neck of mutton and simmer gently half an hour, removing all the scum. Add 2 teaspoonfuls of salt, 1 of black pepper, half a small cabbage (chopped small), 2 turnips cut in squares, 1 carrot grated, 2 onions shred. Simmer for 2 hours longer, and serve without straining.

OX TAIL SOUP.

Cut an ox tail into pieces about an inch long with a small, fine meat saw. Stew these pieces of tail in some stock before it is cleared. Cut up a carrot and turnip into dice. When the pieces of tail are nearly tender, add the vegetables, simmer till all are quite tender, strain off the pieces, clear the stock, add a dessertspoonful of extract of meat to every 3 pints of soup, thicken with a little arrowroot mixed with water, then put in the tail and vegetables and serve. If the tail is very large the pieces near the root must be cut into two or even four. A small tail will make 3 pints of soup, and a large tail 3 quarts. Be careful to remove all grease before clearing the soup.

OYSTER SOUP.

Take 3 pints white stock, 2 dozen oysters, 2 tablespoons rice-flour, 1 teaspoon lemon-juice, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ pint oyster liquor. Put the stock and the oyster liquor on the fire, mix the rice-flour and milk into a smooth batter, and when the stock boils, pour this in and let it boil for a few minutes, stirring all the time; draw it back, put in the oysters, and leave it covered over, where it will not boil, for 5 minutes; then strain in the lemon-juice and pour into a hot tureen.

PALESTINE SOUP.

Take 2 lbs. Jerusalem artichokes, $\frac{1}{2}$ leek, a small piece of celery, a squeeze of lemon-juice, $1\frac{1}{2}$ pints white stock or water, 1 pint cream or milk, 1 oz. butter, pepper, salt. Pare the artichokes and throw them into a basin of cold water with teaspoon of lemon-juice or vinegar (this preserves the colour). Put the butter into an enamelled saucepan, add artichokes and leek cut up. Allow the vegetables to cook in this for a few minutes (do not brown), cover well with stock, and boil gently till the vegetables are tender. Then rub the soup through a hair sieve, return to the pan with the cream. Season to taste. Allow soup to heat, add a squeeze of lemon-juice, and serve. The soup should be of the consistency of potato purée.

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PEA SOUP.

Put into a stewpan 3 quarts of good stock and 1 pint of soaked split peas. Stew gently for an hour, with a whole carrot, an onion, and a stick of celery. Season with 2 teaspoonfuls of salt, and half a teaspoonful of cayenne. Pass the soup through a tamis, pulping the peas and vegetables. Then simmer another half hour, and serve with fried sippets and rubbed mint, if approved.

CELERY SOUP.

2 heads celery (white part only), 2 medium sized onions, 1 pint stock, 1 pint milk, $\frac{1}{2}$ gill cream, and seasoning to taste. Roughly cut celery and onions, add stock and simmer till tender. Rub through a sieve, return to the saucepan, add milk, bring to the boil and thicken with 1 dessertspoonful cornflour; carefully stir in cream just when ready to serve.

ONION SOUP.

3 large onions, 2 quarts stock, $\frac{1}{4}$ pint milk, 1 oz. butter, 2 oz. flour, seasoning to taste. Melt butter in saucepan, add and fry sliced onions, add flour, carefully browning same, add stock, stir over strong fire till it boils, simmer till onions are tender, rub through a sieve, return to saucepan, reheat, add milk, season to taste, and serve with croutons (i.e., small pieces of bread fried).

POTATO SOUP.

Take 5 or 6 large potatoes, with 5 pints of water, and a small onion; boil till it will pulp through a colander, then add a piece of butter the size of a walnut, $\frac{1}{2}$ pint of cream, cayenne pepper and salt to taste. Warm again before serving.

BROWN VEGETABLE SOUP.

2 quarts second stock, 2 carrots, 2 onions, 1 turnip, 2 sticks celery, 1 large tomato, 1 oz. fat, $1\frac{1}{2}$ oz. flour, $\frac{1}{4}$ teaspoonful sugar, salt and pepper to taste. Roughly

YOLKOVA improves all Milk Puddings, etc.

cut up vegetables and fry in the fat, add flour and brown, add stock, stir while boiling. Boil gently 1 hour, then rub through a sieve. Return to saucepan, reheat, season to taste, and serve.

JULIENNE SOUP.

1 quart of good strong stock, 1 carrot, 1 turnip, $\frac{1}{2}$ head celery, 1 tablespoonful arrowroot, salt to taste. Scrape carrot, peel turnip, wash celery and cut into pieces about the size of a wooden match. Cook in salted water from 15 to 20 minutes, keeping them in shape. Bring stock to boil, add moistened arrowroot, cook 5 minutes, put vegetable strips into soup tureen and pour stock over.

TOMATO SOUP (1).

Take 2 lbs. tomatoes, $1\frac{1}{2}$ oz. butter, $1\frac{1}{2}$ oz. flour, $1\frac{1}{2}$ pints white stock, 1 gill cream, $\frac{1}{2}$ teaspoon sugar, pepper and salt. Put the tomatoes and stock into a saucepan and boil gently for $\frac{3}{4}$ of an hour. Rub them through a fine hair sieve. Put the butter and flour into a saucepan large enough to hold the soup; set it on the fire and rub together till they are in a smooth paste. Add the strained soup by degrees, and stir one way till it boils and thickens. Add sugar and seasoning. Pour into tureen, add cream and serve.

TOMATO SOUP (2).

Boil a few tomatoes 10 minutes in a little broth, and then pass them through a colander to strain away the skins and seeds. Add this purée to your broth, with a few chopped onions and a bunch of sweet herbs. In default of tomatoes use tomato sauce. When the onions are tender, season with pepper and salt. A nice addition is a little chopped cabbage or a few sprigs of cauliflower, previously boiled separately. If you want it more substantial, as for a family meal in cold weather, throw in a few dice or neat-

looking pieces of cold meat, game, or poultry, stewed quite tender, and with the bones removed. In this latter case, dice of toasted or fried bread should be served with it.

TOMATO MILK SOUP.

Take 12 tomatoes or $\frac{3}{4}$ of a tin, 1 quart milk, 2 oz. butter, a little piece of carb. soda, about a saltspoon of salt, pepper and sauce to taste. Cut the tomatoes up and let them stew 20 minutes in their own liquor, throw in the soda, then strain and press through a colander into the boiling milk and other ingredients, which should have been thickened before with a little cornflour. The soup must not boil after the tomatoes are put in or it will curdle.

WHITE SOUP.

To a knuckle of veal of 5 lbs., put 3 quarts water and some salt; let it simmer till the scum rises, skim it, and put to it 6 oz. rice, 2 parsnips, 2 or 3 turnips, part of a carrot, a few cloves, and a very little mace; simmer gently all together for several hours, skim and strain it, then add 3 oz. sweet almonds, blanched and pounded very fine, and 2 tablespoonfuls flour moistened with milk. Let the soup boil again, and strain it. When using, add $\frac{1}{2}$ pint cream to 1 quart of soup.

CHEAP FAMILY WHITE SOUP.

Take a small knuckle of veal, a pound of lean ham or bacon, a bunch of sweet herbs, a small piece of lemon peel, and a blade of mace, and put in a stewpan covered with 3 quarts of water, and stew gently for two hours. Blend 2 tablespoonfuls of arrowroot with the same quantity of cream, and stir it into $\frac{1}{2}$ a pint of milk; add this to the soup; season with a teaspoonful of salt, and simmer for 10 minutes; then serve with sippets of toast.

ARTICHOKE SOUP.

Take 4 artichokes, 1 turnip, 1 onion, and slice small. Boil together in a pint of stock, and then rub through a sieve. Return the mixture to the saucepan, boil it up, and thicken with a little flour, adding salt or pepper to taste. Just before serving, stir in gradually 1 gill of cream or milk, and serve with snippets of toast.

LEEK SOUP.

Four leeks, 4 potatoes, 1 tablespoon dripping, pepper and salt to taste, 1 teaspoon celery seed (or chopped celery). Pare leeks and potatoes and cut into slices, melt dripping in a good sized saucepan, and fry vegetables in it; next add 1 quart boiling water, pepper, salt and celery (if seed used, tie in muslin). Boil for 1 hour, remove celery seed and serve.

MACARONI SOUP.

Break as much macaroni, in $\frac{1}{2}$ in. pieces, as will fill a cup $\frac{1}{4}$ full, throw it into boiling water with salt, and cook for half an hour. When the macaroni is soft, drain it, and add 1 quart of brown stock, heated to boiling point, season with salt and pepper, and serve.

SALSIFY (OR OYSTER PLANT) SOUP.

Boil 2 or 3 sticks of salsify till it will rub through a strainer. Make white stock of equal quantities of milk and mutton broth (water mutton has been boiled in will do). Boil and add salsify, thickened with flour rubbed in butter, season with salt and pepper and boil. Ready when flour is sufficiently cooked. Make the same consistency as oyster soup.

Plain milk soup may be made in the same way, flavouring it with onion and chopped parsley.

Salsify (root) is like horseradish or small parsnip in appearance.

MEAT DISHES.

BOILING.

In boiling meat, if a thin piece such as neck of mutton, allow $\frac{1}{4}$ of an hour to each pound, $\frac{1}{4}$ of an hour over at the end; if a thick piece, such as a leg of mutton, allow 20 minutes to the pound, and 20 minutes over. For all fresh meat a saucepan large enough to allow the meat to be covered with water must be used. The meat must not be put in till the water quite boils. Add a little salt to the water. After the meat is put in let the water boil up, then draw to one side and simmer gently for the rest of the time. Simmering does not give more than 180° of heat to water. The scum, as it rises, must be carefully removed with an iron spoon. Boiled mutton is served with caper or parsley sauce. Beef is generally garnished with vegetables boiled with it. Salt meat is put into cold water, brought very gently to boiling point (212°), then drawn aside and simmered at 180° . This mode will draw out the salt. If very salt the water may be changed.

The cuts of meat suitable for boiling are:—Leg or neck of mutton, silverside, round or brisket of beef, corned. Pickled pork, ox or sheep's tongues, ham, or corned mutton are best boiled.

FRYING AND GRILLING.

In frying much depends on the pan being in good condition and perfectly clean. It should never be cleaned with anything but fat; washing it with water makes it rusty. The fire should be clear and brisk, not blazing, but strong.

To prepare cutlets or other things for frying, have them thoroughly dry before brushing over with egg and bread-crumbs, or dipping in batter, otherwise the egg and bread crumbs or batter will not adhere. Thoroughly shake off any loose crumbs there may be before frying.

Use a deep, unlined stewpan.

Have sufficient fat in the pan to cover whatever is to be fried.

See that the fat has a blue smoke arising from it before frying in it.

Do not put too many things into the fat at a time.

YOLKOVA in Rice Puddings is fine

Wait until the smoke rises again before putting in a set of things.

Drain everything fried on soft paper after taking out of the fat.

After using, allow the fat to cool a little, then strain into a clear jar.

Never leave the fat overnight in the stewpan.

N.B.—A wire basket is a great advantage in frying. It should be dipped in the hot fat before the things are laid in it, or they will be apt to stick to the wires.

Cutlets, liver, bacon, kidney and brains are suitable for frying.

ROASTING OR BAKING.

Wipe the meat well with a clean cloth. Washing extracts some of the juices. Weigh the meat. If a thin piece, allow $\frac{1}{4}$ of an hour per lb., and $\frac{1}{4}$ of an hour over at the end. If a thick piece, allow 20 minutes per lb., and 20 minutes over. Veal and pork should have 25 minutes, as both are unwholesome when underdone. The oven should be nice and hot before the meat is put in: after about 15 minutes let it cool off a little. By this time the fat will be dropping from the meat, which must be taken up in the basting spoon and poured over every part of the meat. This must be continued every 8 minutes or so till the meat is done. Then lay the meat on a hot dish. Take up the dripping pan and pour all the fat away—at the bottom will be found a little brown sediment. For a small piece of meat pour in $\frac{1}{4}$ pint boiling water, for a large one, $\frac{1}{2}$ a pint. Scrape all the brown sediment down into the water, stir and add $\frac{1}{4}$ teaspoon salt. Pour into a small saucepan and boil up. If any grease is left on the gravy it may now be removed by laying small bits of kitchen paper lightly on. Pour over or round the meat, or serve in a hot gravy boat.

The best cuts of meat for roasting or baking are *sirloin, rib or topside of beef; leg, loin, saddle, or shoulder of mutton; leg, fillet, shoulder, or loin of veal and leg or loin of pork.*

GRILLING OR BROILING.

Grilling or broiling is only suitable for the best cuts of mutton or beef, e.g., short loin chops, fillet or rump steak. Fish, chicken, or small birds may also be grilled, and cooked in this way are tasty and easily digested. When grilling meat heat can only be applied to one side at a time, this necessitates regular turning to prevent the loss of the meat juices. Chops or steak for grilling should be from 1 inch to 1½ inches thick.

STEWING.

Well made stews are at once palatable, nourishing and economical. Stewing is a gradual process of simmering in a small quantity of liquid to which vegetables are often added. By this process tough fibres are softened, and inferior cuts of meat, such as bladebone or skirt steak or neck chops may be cooked and served to advantage. Tripe, ox tail and ox kidney stewed, make tasty and wholesome dishes.

CASSEROLE COOKERY.

The word casserole is the French name for stewpan. The casserole possesses many advantages over an ordinary stewpan. Casserole dishes are made of fireproof earthenware. The brown earthenware are the best, but there are many different kinds—some are buff colour, some enamel lined.

They are not expensive and with care last a very long time. When new it is advisable to fill the casserole dish with water, put it into the oven and let the water come to the boil, then remove it and let the water cool in the dish. This "tempers" the ware and prevents cracking.

Food cooked "en casserole" is served in the dish in which it is cooked, and this should be borne in mind when purchasing the dishes. One distinct advantage of casserole cooking is that, being cooked and served in the same dish, it comes hot to table and retains the heat.

Boiling or stewing recipes may be used "en casserole," allowing a little longer time for cooking, and the result will be found satisfactory. One good substitute for a

casserole dish is a pair of pie dishes—one to hold the food to be cooked, the other to act as a cover; another substitute is a thick enamel saucepan with two short handles and tight fitting lid, but as neither of these could be sent to table, the food could not be kept as hot as "en casserole" implies.

CHAFING DISH COOKERY.

Chafing dish cookery has lately become popular for use in the sick room or supper room, its chief advantage being that the meal is served *hot, immediately* it is cooked. The initial expense is from £1 to £3. The dish is usually made of silver or electro-plated metal, and is placed upon the table at which the food cooked in it is served. Omelettes of all kinds are adapted to chafing dish cookery, and eggs, oysters, lobsters and tomatoes are also suitable as but little cooking is necessary to convert them into dainty tasty dishes.

COLD MEAT COOKERY (Or Twice Cooking).

Many tasty dishes may be made with previously cooked meat as a foundation. Cold cooked meat requires only *reheating*. Remembering that a certain amount of flavour is lost during the first process of cooking, rich sauces or gravies should be used when *reheating* meat.

Macaroni, spaghetti, rice or mashed potatoes are a suitable accompaniment for "Twice Cooked" Meats.

FRICASSEE OF CHICKEN.

Carefully pluck and draw the chicken and cut into neat joints. Put into an enamel-lined saucepan with 3½ pints of good stock, add a little fresh carrot and onion. Simmer till quite tender, lift chicken on to a hot dish, strain stock, return to saucepan and thicken with moistened flour, allowing 1 dessertspoon of flour to ½ pint stock. Simmer gently five minutes, pour over the chicken, which must be kept hot, and garnish with very finely minced parsley.

SHEEPS' HEAD PIE.

Boil 1 or 2 sheep's heads until tender, with salt and pepper to taste. Cut all the meat off the bones and place in a pie dish, add either bacon (sliced) or chops, and season well; add liquor in which the heads were boiled and cover with a short crust. Bake in moderate oven.

BEEF FRITTERS.

Some slices from the undercut of the sirloin, 2 or 3 eggs, a small teaspoon each of white pepper and powdered allspice, a little nutmeg, and sufficient flour and water to make a stiff paste. Take the slices and dip each in the batter. Have ready a pan of boiling lard, put the slices in and fry a nice brown. Serve very hot with mashed potatoes.

BEEF MOULD.

Three-quarters lb. cold meat, $\frac{1}{2}$ a small onion, 1 dessert-spoonful finely-minced parsley, 1 tablespoonful tomato ketchup, $\frac{1}{2}$ gill stock, 1 oz. dripping, 1 oz. flour, 2 eggs, seasoning, bread-crumbs. Chop the onion and meat very finely, mix thoroughly, then add the parsley, minced; put the dripping in the pan, and, when melted, stir in the flour, ketchup, and stock; boil well; then add it to the meat, with the yolks of 2 eggs well beaten; grease the basin, line it with brown bread-crumbs, fill with the mixture, cover with buttered paper, bake for $\frac{1}{2}$ hour; serve with tomato sauce or gravy.

BEEF OLIVES EN CASSEROLE (1).

Cut some steak into pieces about 4 inches long; if the steak is thick cut it through. Put some flour, pepper, and salt into a plate, dip each piece of steak into the mixture, flouring it on both sides; cut some olives off the stones, roll each piece of steak up with an olive and a small piece of fat in the centre, and tie with a string. Put them into a fryingpan with a tablespoonful of butter and brown them, then place them in a casserole with a breakfast cup of cold water and cook slowly for 2 hours.

YOLKOVA improves the appearance of your Cakes, etc.

BEEF OLIVES (2).

Take $\frac{3}{4}$ lb. lean beef, 2 oz. chopped suet, 2 oz. bread-crums, a little chopped parsley, a little grated nutmeg and pepper, $\frac{3}{4}$ teaspoonful of salt, 1 egg. Cut the meat into neat strips, flatten them, trim, chop up the trimmings, and put them in a basin with the suet, bread-crums, parsley and spice, and moisten with the egg; stuff each piece of meat, roll up and tie. Now take 1 oz. of butter, 1 oz. of flour, 1 onion, $1\frac{1}{2}$ breakfast cups of stock, salt and pepper. Heat the butter, then fry the onion which should be cut in slices, then put in the olives; after they are fried lift them out; put in the flour, pepper and salt, also the stock; stir this until it comes to the boil, then put back the olives, and stew $1\frac{3}{4}$ hours. Dish on a mound of mashed potatoes, and decorate with a cooked carrot cut into strips.

TO FRY BEEFSTEAK AND ONIONS.

Cut the steak about $\frac{3}{4}$ of an inch thick; put a good lump of dripping in the pan, and when it is hot lay in your steak; turn frequently for 10 or 15 minutes; when cooked put on hot dish; have your onions sliced very thin, sprinkle with pepper and salt, put in pan and lay dish over them to keep in the steam, turn them about and let them cook thoroughly, pour them over the steak and serve up hot.

TO BROIL OR GRILL BEEFSTEAKS.

Cut the steaks about $\frac{3}{4}$ of an inch thick; dust them with pepper before laying on the gridiron, which should first have been rubbed with a piece of fat to prevent sticking; beefsteaks should not be turned too frequently. Rub a hot dish with a shallot, place the steaks when cooked in the dish, rub them over with a lump of butter, sprinkle with salt and serve at once. (Time, $\frac{1}{4}$ of an hour, clear fire, not too fierce).

BEEF STEAK AND POTATOES.

Take $1\frac{1}{2}$ lbs. of steak, 1 onion, 1 teaspoon sage, $\frac{1}{2}$ lb. potatoes. Have the steak in one piece, lay it on a board,

chop the potatoes, onions and sage finely; spread the potatoes over the steak, sprinkle the sage and onions on the top with plenty pepper and salt; roll the steak up, tie it with a string, put it in a baking dish with 2 tablespoons dripping, bake 1 hour, basting every 10 minutes; thicken $\frac{1}{2}$ pint of gravy with 1 oz. cornflour. Put the steak on a hot dish and pour gravy over.

This recipe is also suitable for casserole. A good substitute for a casserole is a pair of pie-dishes, putting meat etc. in one, using other as a lid.

BEEF STEAK WITH BATTER PUDDING.

Make a good pudding batter; pour half into a buttered baking dish; lay upon it a pound of good steak, well seasoned with pepper, salt, and a little shred onion. Pour over it the remainder of the batter; put it into a slow oven and bake $1\frac{1}{2}$ hours. Serve with a good sauce.

BEEF STEAK. THE VICAR'S.

Have the steak cut to a uniform thickness of not less than $1\frac{1}{2}$ inches. Gash it with a sharp knife on both sides, making the cuts about $\frac{1}{4}$ inch deep and 2 inches apart, and place it in the following mixture for 4 or 5 hours:—Put into a deep dish a tablespoonful of brown vinegar, a tablespoonful of sugar, a saltspoonful of pepper, the same of salt, a tablespoonful of minced tarragon. The steak should be turned at frequent intervals during the time that it is in the marinade. When ready to cook the steak, drain it, dust it lightly with flour, and grill it over a very clear fire. When one side is done, turn it at once to cook the other. Serve as hot as possible with a piece of butter rubbed over the surface.

BEEF STEAK PIE.

Take $1\frac{1}{4}$ lbs. lean beef, pepper and salt, 1 dessertspoon flour; cut the meat into thin slices, mix the flour, pepper, and salt on a plate, dip the slices of meat in, and roll them up, keeping any fat inside. Put the meat in a small pie dish, piling it as high as possible in the centre, pour in as much cold water as will come half way up the dish. Alternate

layers of meat and cold or *parboiled* potatoes can be used when a larger and more economical pie is required than meat alone would make. For the paste take $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. dripping or lard, $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{4}$ teaspoon salt; put the flour into a basin, and mix in with it the salt and baking powder; mix all lightly into a firm paste with a little cold water; flour the board, turn the paste out on to it, and work until smooth, flour the rolling-pin and roll the paste out into a long strip. After it is rolled out spread half the dripping on the paste, fold over and roll it out again; spread the remainder of the dripping on, fold the paste over, and roll again; fold in three, turn round with the rough edges towards you, and roll out again; repeat the folding and rolling three times; roll out the paste a little larger than the top of the pie dish; cut off a rim of the paste to line the edge of the dish, wet all round the edge of the dish with cold water, lay on the strip of paste, wetting the edges where they join, and press lightly; wet this paste edge and lay on the cover, press it lightly down and trim off the rough edges; notch the edge of the pie with a knife, work the rough paste together, roll out thinly and cut out leaves and ornaments for the top of the pie; make a hole in the centre, brush the top over with milk, lay on leaves, etc., and brush with milk also. Put the pie in the hottest part of the oven, first to raise the paste, then in a cooler part to cook the meat. A small pie will take about $1\frac{1}{2}$ hours.

BEEF STEAK PUDDING.

To fill a pint basin take 1 lb. steak, 2 sheep's kidneys, salt and pepper, 1 cup of water. Cut the steak into neat thin pieces, salt, pepper and slightly flour them, and roll up; place in the pudding basin, cut open the kidneys, and mix it with the steak; pour over a teacupful of cold water. Crust: 1 teacupful flour, 1 teacupful suet (mineed), a good pinch of salt and pepper, a small teaspoonful of baking powder; mix all together, and make into a rather firm paste; press out with the hand, and place on top of basin, seeing it is well covered over; tie a pudding cloth over it, and

plunge into boiling water to cover it; boil 2½ hours. For the last half hour when boiling, keep water under, not over, the basin.

BEEF ROLLS.

One lb. lean beef steak (in one piece). Cut this into thin slices about 3 inches square. Mince 2 oz. suet with bread-crumbs, parsley, or any other herbs, pepper and salt. Beat the slices of meat and then lay on some stuffing; roll it up in the form of a sausage, then twist some white cotton round it to keep it together. Place them in a frying pan to brown, then add a little water and stew them slowly 1½ hours, or put into casserole and cook 2 hours.

BRAWN.

Procure a pig's head and feet. Clean and divide the head. Take away the thick part of the cheek, which may be salted for future use. Put the remainder, including nose, ears and feet, into a saucepan with enough water to cover them. Simmer gently 4 or 5 hours till the meat falls from the bones, turn into a pan, remove bones, season to taste with pepper, salt, and nutmeg. Put into moulds previously wetted; when cold it will turn out, and is ready for use. May be improved by arranging slices of hard-boiled egg in mould when preparing it.

BUBBLE AND SQUEAK.

About 1 lb. of cold beef in slices, 1 lb. of chopped potato, 1 lb. cabbage, both previously boiled, pepper, salt, and a little butter. Fry the potatoes and cabbage with a little salt and a good large piece of butter. Set aside to keep hot. Lightly fry the beef, put in a hot dish with alternate layers of vegetables, piling it higher in the middle.

CARPET BAG.

Select a large thick steak in one piece, and of equal thickness all over; cover it thickly with small, plump oysters (about 2 doz.), roll it up, secure each end, and roast before a very clear fire. Take care that the juices of the

meat do not escape, which is best done by placing the rolled steak rather close to the fire at first, and turning the roll round until the entire surface is "set." Then draw it further back until the meat is cooked. Serve very hot with anchovy butter.

CHOPS AND PARSLEY SAUCE.

Take 1 lb. or more nice neck chops, put in stewpan with about a cup of water, stew gently from $1\frac{1}{2}$ to 2 hours; pepper and salt to taste; have ready $\frac{1}{2}$ teacup, or perhaps a little more, finely-chopped parsley; remove chops to dish when cooked; thicken gravy with some flour; add parsley, pour over chops, and serve.

NOVEL WAY OF COOKING CHOPS OR STEAKS.

(Very Good).

Sprinkle with pepper and salt and dredge with flour; have the frying pan nicely heated but not so hot as to burn, do not put in any dripping or fat of any kind; lay the meat in the pan and turn constantly so as never to allow it to burn; do not put a fork into it as that lets out too much of the gravy. When fried a nice brown place on hot dish. Good gravy can be made by adding a little water to the ingredients already in the pan and boiling for a couple of minutes; pour this over the meat and serve at once.

BOUDINETTES OF COLD MEAT.

Half lb. cold meat, $\frac{1}{2}$ lb. potatoes, 2 mushrooms, 1 oz. butter, salt, pepper, 1 egg, bread-crumbs, and hot fat. Take some cold meat and mince it finely; boil the potatoes, dry them, and rub them through a sieve; chop the mushrooms, mix them with the meat and seasoning; put the butter into a stewpan, and when it is dissolved, put in the potatoes and meat, and mix well; turn on to a plate to cool; then make up into cork-shaped pieces, or cover with egg and bread-crumbs and fry in hot fat; garnish with fried parsley; a little bacon or ham may be used instead of the mushrooms.

CROQUETTES OF COLD MEAT.

Take $\frac{1}{4}$ lb. cold meat, $\frac{1}{2}$ oz. flour, $\frac{1}{2}$ oz. butter, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful pepper, a little finely-chopped parsley, 1 gill of stock. Mince the meat very finely, and chop the parsley. Put the butter and flour in a saucepan, and mix them over the fire; then add carefully the gill of stock, and continue stirring until it boils; add the meat and seasonings, and keep it over the fire till all is thoroughly hot, then turn on to a plate to cool. Take $\frac{1}{2}$ lb. of flour, 2 oz. butter, a small $\frac{1}{2}$ teaspoonful of baking powder, and a little cold water. Rub the butter lightly into the flour, add the baking powder, and mix into a stiff paste with the cold water. Roll out very thin, and as even as possible; cut out with a round cutter, wet the edges, and put a small teaspoonful of the mixture in the centre of each; fold over, pressing the edges well together, cover with egg and bread-crumbs. Have ready a saucepan of boiling fat, in which cook the croquettes a golden brown; drain on kitchen paper, then dish them in a circle on a folded table napkin.

GATEAU OF COLD MEAT.

One lb. cold meat, 1 eschalot, 1 oz. butter, 1 gill stock, 2 teaspoonfuls parsley, 3 eggs, 1 tablespoonful brown bread-crumbs, pepper and salt. Well grease a plain tin and sprinkle with bread-crumbs; mince the meat finely and put it into a basin; chop the parsley and eschalot, and mix with meat; season with pepper and salt; beat the yolks of 2 and 1 whole egg with the stock, strain it over the meat, and mix well; put into prepared tin and bake for 1 hour; turn it carefully on to a hot dish and pour round some nice gravy.

CURRY OF CORNED BEEF.

Remains of cold corned beef, 2 onions, 1 tablespoonful vinegar, 1 teaspoonful sugar, 1 dessertspoonful curry powder, a little flour, a sliced apple. Fry the onion in butter till a light brown, then add the other ingredients,

which have been mixed with a little gravy or water, cut the meat into small pieces and add it. Stew gently for 20 minutes. Garnish with boiled rice.

DRY CURRY.

Cut a large onion into rings, and fry it quite brown; have ready a dry frying pan, into which put your curry powder. Well brown the powder and add a piece of butter the size of a walnut, the fried onions, a green apple sliced thinly, 1 dessertspoon of Worcestershire sauce, 1 tablespoon chutney, a little salt, pepper, a chilli, and $\frac{1}{2}$ a cup of milk. Have your meat cut into very small pieces; add the above, stirring all thoroughly together, and cook from 20 to 30 minutes. Serve when it is free from gravy and of a fine dark colour. If raw meat is used, it will take twice as long to cook and will require more milk. Garnish with rice shaped in egg cups.

CURRIED FOWL.

One fowl cut into small neat pieces, 2 oz. butter, 2 tablespoons curry powder, $\frac{3}{4}$ pint cocoanut milk (or water), 2 onions, 2 sour apples finely grated or chopped, 1 oz. ground rice. Melt the butter in a saucepan, put in the fowl, cook 5 minutes, and lift out carefully. Stir in the apples, onions and curry. When well mixed, add the ground rice, mixed to a paste with the cocoanut milk. Stir and boil gently a few minutes, then put in the fowl, and salt to taste. Simmer gently till tender. Serve with boiled rice and a sprinkling of parsley.

INDIAN CURRY (1).

Slice a small onion and brown it in the saucepan with 2 tablespoons dripping, and 1 dessertspoon curry powder for 10 minutes. Add the meat, cut small, with a pinch of salt, some brown sugar, 2 tablespoons treacle, and a cup of gravy or water. Stir occasionally. Add a cup of milk, thickened with flour, some time before serving. Serve with sliced lemon and rice.

INDIAN CURRY (2).

Cut small and brown in a pan 6 or 8 onions, mix 1 tablespoonful of curry powder with them, and fry them till almost dissolved; then add the meat and let it brown for a short time. Put the whole into a stewpan and add a little sauce of any kind, 1 teaspoonful of sugar, 1 teaspoonful of salt, some stock or water. Let it stew for 2 hours.

LADY MANNING CURRY.

To 1 lb. steak, veal, mutton, or fowl, take 2 oz. butter, 1 large onion, 1 tablespoon good curry powder; salt to taste, $\frac{1}{2}$ pint of milk or gravy, and a little lemon-juice. Slice the onion and fry in butter to a light brown; cut the meat into neat squares, mix the curry powder and salt together, rub each piece of meat into it and fry quickly; then turn all into a stewpan with the milk or gravy, which should be hot, and simmer gently for 2 hours. Add the lemon-juice and serve with dry boiled rice.

CURRY MADE WITH MILK.

Cut up pieces of cold roast meat, fowl, or game; dust with curry powder, flour and salt; fry in a saucepan with an onion for a few minutes, then cover with milk and stew as required. Thicken with flour, add more curry if needed, and a piece of butter.

SIMPLE CURRY.

Use mutton, beef or pork. 2 lbs. meat, 1 cooking apple, 1 onion, 1 dessertspoonful each of flour, curry powder, and butter, 1 pint gravy. Slice up the onion, chop the apple, melt the butter in a saucepan, when hot add the onion and apple; fry a nice brown; sprinkle in the flour, then the curry powder, then the gravy, and stir till it boils. Cut up the meat in pieces $\frac{1}{2}$ inch square, put it in and simmer quietly for 2 hours, and flavour with lemon-juice and salt.

CURRIED CHOPS.

Take the chops and trim them; a handful of flour, a little curry and salt; mix well and rub into chops; place in a jar with a little water; cover and place in a saucepan; and boil till tender.

QUICKLY-MADE CURRY (COLD MEAT).

Fry some finely-sliced onions till nicely brown, then put in the pan with onions 3 teaspoons curry powder and 1 teaspoon sugar; let cook for a couple of minutes; add 1 teaspoon vinegar and about a cup of milk; then put in thinly-sliced meat and sprinkle over with flour till thick enough, stirring all the time; serve with rice.

CHAUD FROID OF CHICKEN.

One chicken, $\frac{1}{2}$ pint white sauce, $\frac{1}{2}$ pint aspic jelly, 1 gill mayonnaise sauce, salad. Make $\frac{1}{2}$ pint of good, thick white sauce and stir into it $\frac{1}{2}$ gill of melted aspic jelly; cut a cold roast or boiled chicken into neat joints, remove the skin, and dip each piece into the sauce, well covering them; put them in a cold place till firm; decorate with slices of peeled cucumber and radish; chop a little aspic and arrange it on a dish; place on this the pieces of chicken; prepare some salad, and mix with it about 1 gill of mayonnaise sauce; put it in the centre, and finish off with a little aspic.

DURHAM CUTLETS.

Take $\frac{1}{4}$ lb. cold meat, 2 oz. bread-crumbs, $\frac{1}{2}$ oz. butter, 1 egg, $\frac{1}{2}$ teaspoon ketchup, a little stock or milk, pepper and salt. Mince the meat finely, and mix with the bread-crumbs; add the butter and seasoning. Bind the whole with an egg well beaten, and stock (sufficient to make of a consistency to shape). Shape into 5 small cutlets; brush them over with beaten egg; shake them in bread-crumbs. Stick a little bit of straight macaroni in the end of each cutlet. Fry a nice brown colour in hot fat. Serve very hot, garnished with parsley.

STEWED CUTLETS.

Dip some neatly-cut chops in flour and milk, then in bread-crumbs; fry them brown, put into a saucepan, and add a pint of milk, some salt, pepper, and parsley. Stew very slowly for $2\frac{1}{2}$ hours. Thicken the gravy without disturbing the meat. If liked, put in 4 or 5 onions an hour after it is put on. If cooked in casserole the flavour of this dish is much improved.

BLADEBONE STEAK EN CASSEROLE.

1 pound bladebone steak, 1 large onion, 1 pint water, $\frac{1}{2}$ oz. flour, $\frac{1}{2}$ teaspoon salt, pepper to taste, 1 teaspoon sweet herbs, 1 oz. butter or fat. Slice and fry the onion in the butter or fat, sprinkle in flour and brown it; add water and stir till it boils. Cut the steak in squares about 2 inches and put with the gravy, sweet herbs, onion seasoning into a casserole dish. Cook gently $2\frac{1}{2}$ to 3 hours.

STEAK WITH CELERY.

1 pound lean steak, $\frac{1}{2}$ head celery, 1 onion, 1 tomato, 1 oz. butter or dripping, 1 oz. flour, 1 pint water. Fry onion, lift into casserole dish, fry steak brown on both sides, put on top of onion, brown flour, add water and stir till it boils; mince celery and slice tomato, lay on top of steak, pour gravy over, and cook 2 hours.

EXETER STEW.

Take $\frac{1}{2}$ or 1 lb. of lean beef or beef skirt, 2 onions, 1 large tablespoon flour, 1 quart cold water, 1 oz. dripping, 1 tablespoon vinegar, $\frac{1}{2}$ teaspoon salt, 1 ditto pepper. Put the dripping into an iron pan, and put it on the fire to heat. Skin and slice the onions; when the dripping is hot put them into the pan and fry till brown. Sprinkle in the flour and brown that also. Add the water, pepper, and salt. Stir till it boils. Put the vinegar on a plate. Cut the meat in neat pieces, dip them in the vinegar, and add them to the gravy. Draw the pan to the side of the fire, and allow to simmer gently for $1\frac{1}{4}$ hours, then add savoury balls.

HAGGIS.

Take the stomach of a sheep, wash it well in cold water, then pour boiling water into it, and scrape it till quite white and clean, taking great care not to eat it. Then take the sheep's liver, lights, and heart, boil till quite cooked, let them cool and then mince finely. Add a cup of oatmeal, 2 oz. finely-minced suet, some pepper and salt and a cup of cold water. Mix thoroughly, put into the bag, and secure it firmly. Put it into boiling water, prick it 3 or 4 times with a darning needle, and boil gently 4 hours.

TO BAKE A HAM.

Take a medium-sized ham and soak it for 12 hours; then cut off the rusty part underneath, wipe it dry and cover it rather thickly with a crust made of flour and water. Roll it in muslin, cook for 4 hours. When done, take off the crust and peel off the skin. Put a frill of cut paper round the knuckle and raspings of bread over the fat of the ham.

TO BOIL A HAM.

If the ham has been long cured soak in water for 24 hours. Scrape and put into a large vessel to boil with plenty of cold water and let it simmer gently from 3 to 4 or 5 hours, according to size. A ham of 20 lbs. will require 4½ hours. Skim frequently; when done strip off the rind and strew bread raspings over the top side, then set before the fire, or in the oven to dry and brown.

MINCED COLLOPS.

Mince 1 lb. lean beef and 2 small onions as fine as for sausage meat, season with a teaspoonful of salt and half as much pepper. Fry the mince for 10 minutes with a very little dripping, moisten with a cup of gravy, simmer till tender, and serve with sippets.

STEWED HOUGH.

Two pounds of hough (leg of beef) will do. Extract marrow, place it in a stewpan, and when hot put the meat in and well brown it; see that it does not burn. Take out meat, put it on a hot dish, add a dessertspoonful of flour, stirring it well until it is slightly brown. Add 2 breakfast cupfuls of water, stirring the flour well till it boils; add pepper and salt to taste, and return meat to stewpan; cover closely and stew very gently for $\frac{1}{2}$ an hour. Clean and cut in shapes 2 carrots, small turnip, and small onion. Add to meat and stew slowly for $1\frac{1}{2}$ hours longer; dish the meat, garnish with vegetables, and pour the gravy over. Flavour is much improved by using a casserole.

HOT POT.

Cut the meat off about 3 lbs. of neck of mutton, keeping to the shape of the cutlets as much as possible. Put by the bones for soup, and proceed as follows:—Line a casserole dish—which is merely a rather deep earthenware pot with a cover—with a layer of parboiled potatoes and a very small onion, previously scalded and cut into slices; lay half the meat upon this; add another layer of onion and potato, the remainder of the meat (which should have been sprinkled with salt and pepper and a little curry powder), pour in $\frac{1}{2}$ pint of stock; place some small whole potatoes on the top of all, put on the lid, and bake in a moderate oven until the top layer of potatoes is thoroughly done; add a $\frac{1}{4}$ to $\frac{1}{2}$ pint of stock when about half cooked, and serve in the casserole.

JUGGED HARE (1).

Take 1 hare, 1 bunch of sweet herbs, 2 onions, each stuck with 3 cloves, 3 whole allspice, $\frac{1}{2}$ teaspoon black pepper, a strip of lemon peel, thickening of butter and flour, 2 tablespoons mushroom ketchup, and some small pieces of bacon. Wash the hare, cut it in small joints, flour and brown them; put them in a stewpan with the herbs, onions, cloves, allspice, pepper, and lemon peel;

cover with hot water, and when it boils, remove the scum and let it simmer gently till tender ($1\frac{1}{4}$ hours or more). Take out the pieces of hare, thicken the gravy with flour and butter, add the ketchup, let it boil for 10 minutes, strain it over the hare, and serve. A few fried foreemeat balls should be added in serving, or they may be stewed for 10 minutes in the gravy. Serve with red currant jelly. A casserole dish is an improvement on the stewpan.

JUGGED HARE (2).

Skin, draw, and wash the hare; cut into pieces and put into a jar with an onion, some sweet herbs, and a little water. Cover the top of the jar close so that very little of the steam can escape; place the jar in a saucepan of water not sufficiently high to cover the top; keep the water constantly boiling between 3 and 4 hours. When done, skim off the fat, thicken the sauce with flour and butter, season with pepper and salt, and serve all together in a hash dish.

IRISH STEW.

Put 2 lbs. of breast of mutton into a pot, with a pint and a half of water, and a pinch of salt; let it stew gently for an hour, then take off the fat; take out the meat and cut it into small pieces; have ready 3 lbs. potatoes, pared and cut in halves, 2 good-sized onions peeled and sliced, pepper and salt. Put a layer of potatoes, a layer of meat, onions, pepper, salt, and so on, until the pot is full, stew for another hour, shaking well now and again to keep from burning.

BROILED KIDNEYS.

Four sheep's kidneys, 2 oz. butter, a squeeze of lemon-juice, 4 pieces of toast, pepper and salt. Cut the kidneys open entirely down to the root, but do not separate them; skin them and pass a skewer under the white part of each kidney to keep them flat. Heat a double-wire gridiron and

rub the bars with suet. Broil the kidneys over a nice, clear fire, placing the inside downwards. When done enough on one side, turn and cook them on the other. They require from 10 to 15 minutes, according to taste. Remove the skewer, and place each kidney on a piece of buttered toast, cut in any fancy shape. Season with pepper and salt, and place a tiny piece of butter in the centre of each kidney. Serve very hot. If liked, squeeze a little lemon-juice over each kidney.

STEWED KIDNEYS.

Skin and trim the kidneys, remove the fat, and cut them into thin slices; let them lie 2 minutes in cold water, then dry them. Dust them over with salt, pepper, and grated nutmeg, mixed with a little shred parsley. Dredge with flour and fry them quite brown, then put into a stewpan with $\frac{1}{2}$ pint of brown gravy, 1 oz. butter, and a teaspoonful of shred eschalot. Stew for an hour, then add a tablespoonful of lemon-juice, and turn them into a hot dish garnished with fried sippets.

STEWED KIDNEY AND MACARONI.

One ox kidney, 1 onion, 1 tablespoon flour, 1 teaspoon salt, 1 dessertspoon butter, $\frac{1}{2}$ teaspoon pepper, $\frac{1}{2}$ teaspoon sugar, $\frac{1}{2}$ teaspoon mustard, $1\frac{1}{2}$ large cups cold water. Wash and dry the kidney, cut it up in thin slices, chop the onion, put the butter in a stewpan; when hot put in the onion and fry it, then the kidney and fry it also. Stir in the flour, pepper, sugar, salt and mustard till like a paste, adding water. Stir till it boils. Put on the lid and allow it to simmer for 2 hours. Serve with boiled macaroni.

RISSOLES OF KIDNEY.

Some slices of cold kidney, the same quantity of ham or bacon, the yolks of 2 unboiled eggs, 1 oz. butter, pepper and salt, and bread-crumbs. Cut the kidney, bacon, and 2

hard-boiled eggs in neat slices, lay the bacon over the kidney, then the eggs. Season with pepper and salt, bind them together with a little melted butter and yolk of egg beaten, dip in the breadcrumbs, fry lightly, and serve with brown gravy.

MARINADED STEAK.

Make a marinade of 2 tablespoons vinegar, 1 tablespoon olive oil, 1 teaspoon lemon juice, $\frac{1}{2}$ teaspoon salt, little pepper, 1 dessertspoon sweet herbs. Allow the steak to stand in the marinade for at least 2 hours, during which time it should be turned often. Grill over a clear fire and serve with chip potatoes and parsley butter—i.e., equal quantities of butter and minced parsley mixed and seasoned with salt and pepper and a few drops of lemon juice.

TO BAKE LAMB.

Lamb being very delicate, only allow 10 minutes per lb. for the ribs, or shoulder, and 12 minutes for the leg. Spinach, peas, asparagus, and sprouts, are best with lamb.

CURRIED LIVER.

Cut the liver in small pieces, and for every 1 lb. have 4 tablespoons of butter, 2 of flour, 2 slices of onion, a speck of cayenne, salt and pepper to taste, 1 teaspoon curry powder; let the butter get hot, then cook the liver in it slowly 4 minutes; add the flour and other ingredients, cook 2 minutes; add a cup of stock; let this boil up. Dish and serve with boiled rice.

LIVER AND BACON.

Take $\frac{1}{2}$ lb. liver (lambs' or calves'), $\frac{1}{2}$ lb. bacon, 1 tablespoon flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 1 small breakfast cup of water; cut the bacon in thin slices, wash the liver and dry it; mix on a plate the flour, salt, and pepper, cut the liver in slices, fry the bacon and put it in a

hot dish; dip each piece of liver in the flour, etc.; fry from 8 to 10 minutes, dish it, and strain off the grease; mix in a basin the seasoning left with a cup of water; when the liver is fried, pour this into the pan, stir and boil it up and strain over the liver and bacon.

LIVER FRIED IN CRUMBS.

Cut the liver in small slices, season with pepper and salt, dip in egg and bread-crumbs; fry in boiling fat.

MEAT CAKE.

This is neatest when made of two or three kinds of meat, any sweet, good scraps will do, but care must be taken to remove all gristle and skin. If the meat is all lean, chop a little fat bacon with it. Chop the meat very finely, and allow to $1\frac{1}{2}$ lb. when chopped $\frac{1}{4}$ lb. butter, 6 oz. fine bread-crumbs, 4 eggs, a cup of cold water, a little dried herbs and pepper and salt to taste; beat the eggs well, and mix all together thoroughly, mould into a shapely cake, cover it with raspings, and bake in a well-buttered plate till nicely browned all over. It will take about an hour in a quick oven.

MANSE PIE.

Mince some meat (either fresh or cold can be used), season with a little onion, pepper, and salt; cover with water, and simmer until the meat is tender and the liquid has been absorbed; then turn into a pie-dish; have ready a quantity of boiled potatoes; mash these with a little butter and milk, and spread on the top of the meat until the dish is quite full; smooth with a knife and bake until of a nice light brown colour.

MEAT PIE.

Take either sufficient beef steak or thin slices from the thick end of a leg of mutton, and 3 sheep's kidneys; put them in layers with pepper and salt, and cover each layer

well with flour; fill up with cold water, cover, put in the oven and cook slowly for 1½ hours; cover with short crust, and bake 15 or 20 minutes. If using mutton, take the thick end of the leg, and the other may be baked.

MOCK DUCK.

Take a round of steak, 2 inches thick. Lay on this a good stuffing with sage in it. Fold over and sew up. Roll it in flour, lay on it two thick slices of fresh pork. Bake in a quick oven $\frac{3}{4}$ of an hour. When brown, sprinkle with salt. Baste frequently.

CHOPS EN CASSEROLE.

1½ lbs. neck chops, 1 onion, 1 teaspoon minced parsley, 1 tablespoon flour, ½ teaspoon sweet herbs, 1 teaspoon salt, pepper to taste, 1 pint water, 1 tablespoon dripping. Fry chops, put into casserole dish, fry onion, put in with the chops, brown flour, add water and seasoning, bring to boil, pour over chops and onions, and let all cook gently for 2 hours

TO BOIL A LEG OF MUTTON.

Do not put in too much water, as the liquor will make good broth. Throw a little salt into the water when you put in the mutton, as it will make the scum rise, which must be taken off clean. Do not boil turnips or any other vegetable with the meat, as they will flavour it and prevent it keeping as well when it is cold. Mashed turnips form an appropriate vegetable with this dish, with caper sauce.

NECK OF MUTTON is dressed the same as the leg; breast requires more boiling, and will take ½ an hour to the pound. Serve with parsley sauce and butter.

MUTTON AND RICE.

Put a shoulder of mutton in a stewpan with 2 cups of cold water, with some sliced onion and a few pieces of lemon rind, pepper, salt, and grated nutmeg. Let it stew slowly 1 hour, then add ½ cup of rice, and a cup of milk (or more); just before serving add some chopped parsley. Time, 2 hours.

Try a packet of BURNET'S GREEN PEAS for Dinner

MOUTON Á LA JARDINIERE.

One and a-half lbs. lean chops, 2 carrots, 1 onion, 1 small potato, $\frac{1}{2}$ cup green peas, 1 teaspoonful sauce, pepper and salt to taste; time $2\frac{1}{2}$ hours. Put chops in stewpan, just cover well with water; cut vegetables in small pieces, add them in time to be well cooked; thicken with flour.

MOULDED CALF'S HEAD.

Half a calf's head, $\frac{1}{2}$ lb. ham, 1 teaspoonful parsley, 3 eggs, $\frac{1}{2}$ pint good gravy, salt, and pepper. Cut some slices from the cooked head of a calf and some slices of ham; season the meat with pepper, salt, and finely-chopped parsley; well butter a mould and line it with eggs, which have been boiled hard and cut in slices; fill the mould with calf's head, ham, and eggs in alternate layers; pour in $\frac{1}{2}$ pint good gravy (gravy that would be a thick jelly when cold); cover the mould with a paste of flour and water, and bake it in a moderate oven for 35 minutes; remove the paste, but leave the meat in the mould till it is cold and firm; then turn out carefully and garnish with salad.

MOULDED MEAT.

Two lbs. cold boiled meat, 3 oz. ham or tongue, a little nutmeg, 1 gill cream, 4 eggs, salt, and pepper. Mince the meat finely and season nicely; stir in 2 eggs; add the cream and make into a paste; boil 2 eggs for 15 minutes, remove the shells, cut in slices, and arrange in a buttered mould; fill in the meat mixture, tie over with a cloth, and boil for 35 minutes (be sure that the mould is quite full, or the water will get in and spoil the meat); turn on to a hot dish and serve.

PIGEON PIE, COLD.

Four pigeons, 1 lb. sausage meat, $\frac{1}{2}$ lb. bacon, 1 teaspoonful parsley, 1 lb. good pastry, 1 lb. ramp steak, 1 pint gravy, salt, and pepper. Slice the bacon and steak

into thin fillets and lay them at the bottom of the dish; sprinkle over some chopped parsley and seasoning; stuff the pigeons with sausage meat, lay them in, and cover with the rest of the steak; pour in a little gravy and cover the dish with pastry; bake in a moderate oven for 1½ to 2 hours; make the rest of the gravy hot, and if not in a jelly, dissolve in it ½ oz. gelatine and pour into the pie; let it stand until cold.

POTTED MEAT.

Take 1 lb. steak, nearly cover it with water, and stew for ½ hour. When sufficiently stewed mince it through a sausage machine twice, then grate a little nutmeg over the meat, flavour to taste with salt, pepper, and a little cayenne (it is better to boil the cayenne with the meat); mix these into the meat with a fork; get a glass dish and put a little of the meat and gravy in, press it well with a spoon, keep on doing this till the dish is nearly full—care must be taken that it is not too moist—melt some butter and pour, while boiling hot, over the top of the pressed meat. When the butter is set it is ready for use.

CHICKEN, HAM, AND MACARONI PUDDING.

Boil 6 oz. of pipe macaroni in long pieces in a little broth until quite tender, and mix with it ½ lb. of cooked ham and 1 lb. of chicken; add 2 well-beaten eggs and a little butter, pepper, and salt; mix all well together, put into a buttered mould, boil for 2 hours, turn out, and serve.

PORK SAUSAGES.

One lb. pork, fat and lean (without skin or gristle), 1 lb. lean veal, 1 lb. beef suet, ½ lb. bread-crumbs, the grated rind of ½ lemon, 1 small nutmeg, 6 sage leaves, 1 teaspoonful of pepper, 2 teaspoonfuls of salt, ½ teaspoonful of savoury, ½ teaspoonful of marjoram. Put all the meat and fat through the sausage machine, mix well with all the other ingredients. Have the strings (which can be got from the butcher) well washed and place on the sausage

funnel, and again put all the mixture into the machine, and ease into the skins. When finished give the strings a double twist round at each finger length, and fry in plenty of boiling fat, first pricking them.

TO ROAST PORK.

Pork should at all times be perfectly well done, and therefore requires a longer time to roast than any other meat. Before setting it down to roast, rub the skin with salad oil to prevent it blistering, and baste it frequently. Serve with apple sauce.

TO BOIL PICKLED PORK.

Having washed and scraped it, put it into boiling water with the skin side uppermost. If it be thin, a piece of 4 lbs. will be done in less than an hour; a leg 8 lbs. will take 3 hours. Pork should be well done; but if boiled too fast or too long it will become a jelly. Keep the pot well skimmed, and send it to the table with pease pudding, and greens. Some people like carrots, parsnips, and turnips also.

PRESSED BEEF.

Take 4 to 6 lbs. brisket of beef, 1 good-sized dessert-spoonful of mixed spice. Rub the spice well into the beef and leave it for a night; next day put it in a saucepan with 2 bay leaves, 1 carrot, 1 turnip, 1 onion, 2 blades of mace, with enough cold water to just cover the beef, and boil slowly 2 hours. Take out the beef, slip out the bones, and press between two dishes with a heavy weight until quite cold.

TO ROAST A RABBIT.

Having drawn and skinned it, wash it in warm water, dry, truss, and stuff as follows:—Some beef suet chopped fine, bread-crumbs, thyme, marjoram, and savoury, a little grated lemon-peel, pepper and salt; stuff the rabbit with the mixture and sew up; do not have oven too hot at first; baste well with butter or veal dripping, and dredge two or

three times with flour. When cooked, place in a hot dish; put a little water in saucepan, lump of butter rolled in flour, and pour in gravy from meat dish, boil up and pour over rabbit.

RABBIT PIE.

Skin, bone, and cut up a couple of young rabbits, stew down the bones with the liver pounded, and a good proportion of seasoning for gravy. Arrange the joints of rabbit in the pie with thin slices of ham or bacon and some yolks of hard-boiled eggs, and pour over, when quite cold, the gravy from the bones; season the pie with salt, pepper, and nutmeg, and cover with puff paste. Bake an hour and a half. This is good eaten cold.

RISSOLES (1).

Some slices of cold roast beef, rather more than half the quantity of grated bread, a bunch of savoury herbs, 2 or 3 eggs, the rind of a lemon grated, $\frac{1}{2}$ pint good brown gravy. Mince the meat very fine, season it lightly with pepper and salt. Add the herbs, chopped with the peel of half a lemon, then the bread-crumbs. Mix all well together with 2 beaten eggs into a very thick paste, form into balls; egg and bread-crumb them; fry a nice brown, and serve with brown gravy poured round them.

RISSOLES (2).

Take equal quantities of cold meat, finely minced, and mashed potatoes. Mix well together with a small piece of butter or dripping, form into small flat cakes; rub each with flour, brush over with beaten egg, toss in bread-crumbs, fry and serve hot.

ROMAN PIE.

Take $\frac{1}{4}$ lb. cold meat, $\frac{1}{4}$ lb. macaroni, $\frac{1}{4}$ lb. grated cheese, 1 onion, $\frac{3}{4}$ teaspoonful of salt, $\frac{1}{2}$ teaspoonful of pepper and of mustard, 1 teacupful of milk. Break the

macaroni into pieces 1 inch long, put it into a saucepan of boiling salted water to cook a $\frac{1}{4}$ of an hour, drain and set aside. Boil the onions for the same time (separately), drain, and chop up. Cut up the meat and put in a basin, with the grated cheese, cooked macaroni and onion. Add the seasonings and the milk. Pour into a pie-dish and cover with paste; bake in the oven just long enough to cook the paste.

FOR THE PASTE.—Take $\frac{1}{2}$ lb. flour, 3 oz. butter, $\frac{1}{2}$ teaspoonful of baking powder, 1 egg, and a little cold water. Put the flour and butter into a basin, and with the tips of the fingers rub the butter into the flour; add the baking powder, beat up the egg in a cup, pour half into a saucer, add a little water to what was left in the cup, and with this mix the flour and butter into a stiff paste; turn it on to a floured baking board, form into an oblong piece, and roll out once a little larger than the dish; wet the edge of the pie-dish, cut a narrow strip of the paste and lay it on, wet the top of this, then cut 3 slits in the large piece of paste, and cover the top of the pie; mark with a teaspoon, brush over with the egg left in the saucer and bake in a hot oven.

ROMAN PUDDING.

Boil 1 rabbit till tender, take the meat off the bones and cut it up small. Mix it with 2 oz. boiled macaroni, 2 oz. grated cheese, 1 small onion chopped fine, $\frac{1}{2}$ pint milk, pepper and salt; put in a pie-dish, and bake with a little butter on the top.

ABERDEEN SAUSAGE.

One lb. lean steak, $\frac{1}{2}$ lb. fat bacon, 2 small cups bread-crumbs, a little tomato or other sauce, 1 egg, pepper and salt to taste, and a little grated lemon peel. Put steak and bacon through a sausage machine, add bread-crumbs and sauce and seasoning, mix well, and moisten with egg well beaten; form into a long roll, tie in a floured cloth, and boil for 2 hours; roll while hot in cracker-crumbs and eat when quite cold.

SAUSAGE FRITTERS.

Half lb. of sausage meat or pork sausages will make a small dish for two or three persons. Remove the skins and roll the meat into balls the size of a large marble, flatten these with a wet knife till they are about as thick and large as a half-penny, and dust them over with flour. Now make a thick batter with 1 egg, $\frac{1}{4}$ lb. flour, a pinch of salt, and $1\frac{1}{2}$ gills of milk. Dip each round of sausage in this, take out with a spoon, and slip into a saucepan of deep fat, fry till crisp and of a pale fawn colour. When all are fried, pile the fritters high on a hot dish covered with a fancy paper, dust over a little salt, and serve very hot. Equal parts of mixed calves' liver and fat bacon, both cooked, seasoned, and mixed together, will make tasty fritters, exactly in the same manner as the sausages.

SAUSAGE MEAT.

Take 4 lbs. steak (not too lean), 2 lbs. bread-crumbs, pepper and salt to taste, nutmeg, mixed spice, knotted marjoram and sage cut fine. Cut the meat into small pieces, and pass through a sausage machine. Then add bread, seasonings, and herbs. Then pass through machine again. This may be baked in a greased pie-dish, with $\frac{1}{2}$ pint gravy or water, and is good either hot or cold.

SAUSAGE ROLLS.

Take 6 oz. cold meat, 1 dessert-spoonful butter, 1 dessert-spoonful flour, $\frac{1}{2}$ gill stock or gravy, pepper and salt. Mince the meat and mix with it the flour, put the butter into a stewpan, and when hot stir in the meat, flour, pepper and salt, stir over the fire for a minute, add the stock, stir till it boils, then turn out on a plate to cool. Make a crust as for Roman pie, turn it on to a floured baking board, form into an oblong piece, and roll out pretty thin; fold it in three and roll out one way; do this three times, the last time roll any way, divide into six pieces; put a spoonful of the mixture into the centre of each, wet the edges, double the paste over, mark neatly with a knife, brush the top with egg, and bake in a hot oven 15 minutes.

SAVOURY SAUSAGES.

One lb. sausages, $\frac{1}{2}$ lb. flour, 1 pint milk, 2 eggs, a little salt. Put the eggs in a basin and beat in, by degrees, the flour and milk; season with salt, and pour into a buttered tin or dish; skin the sausage, cut in pieces, and put into the batter; bake in a moderate oven for about $\frac{3}{4}$ hour.

SAVOURY ROAST.

Take 2 lb. beefsteak, cut into 1 thin slice; cover it with stuffing made as follows:—Rub 1 oz. dripping into 6 tablespoonfuls stale bread-crumbs; add, with a little sage, 2 small onions chopped up very finely, a little pepper and salt; mix all together with cold milk; roll up the steak and fasten with string to keep stuffing in; roast before a brisk fire and baste with dripping.

SEA PIE.

Take 1 lb. lean beef or scraps, 1 carrot, 1 small turnip, 1 small onion, $\frac{1}{4}$ lb. suet, $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ teaspoon baking powder, pepper, salt, and flour. Cut the meat in small pieces, and dip in a mixture of pepper, salt, and flour. Scrape and slice the carrot; peel the turnip rather thickly, and cut into thick pieces. Put the meat and vegetable into a medium-sized saucepan, and add enough cold water to cover them. Place it on the fire and allow it to come to the boil. Make a crust with the flour, suet, baking powder, and a pinch of salt, moisten to a good firm consistency with cold water. Roll it out to the size of the top of the saucepan. When the meat is boiling place the crust on it. Place the lid on the saucepan, and stew gently for $1\frac{1}{2}$ hours. Now and then while it is cooking loosen the crust from the side of the pan with a knife. Before serving remove the crust with a fish slice. Neatly place the meat and vegetables on a flat dish, and lay the crust on them.

SCALLOPED SWEETBREADS.

One pair of nice round sweetbreads, $1\frac{1}{2}$ oz. flour, 1 oz. butter, $\frac{3}{4}$ pint white stock, 2 tablespoons cream, a few grains of cayenne pepper, a squeeze of lemon-juice, salt, and pepper. Soak the sweetbreads in salt and water, changing the water 2 or 3 times. Wash and clean them thoroughly. Put them into an enamelled pan with enough cold water to cover them, and allow it just to come to the boil. Take out the sweetbreads, wash, and put them on again with enough stock to cover them. Stew gently till tender, from 1 to $2\frac{1}{2}$ hours. Take the sweetbreads out of the stock when quite tender, and put them in cold water for a few minutes to firm. Then dry, trim, and cut them in slices about $\frac{1}{2}$ in. thick. Put the butter and flour in a pan over the fire, and rub together with a wooden spoon till in a smooth paste. Add the stock by degrees, and stir one way till it boils and thickens. Boil well, add the cream and seasonings. Lay the slices of sweetbread on a plate and cover with part of the sauce, turning them to coat both sides; let it remain till firm. Put the remainder of the sauce aside to serve with the sweetbreads. Brush them over with egg, and shake well in crumbs. Fry golden brown in hot fat. Drain on paper. Re-heat the sauce left; if too thick add more cream. Dish in a circle with sauce round and peas, French beans, or mushrooms in the centre.

FAVOURITE STEAK STEW.

One and a-half lbs. tender steak, cut in pieces and rolled; cover with water and simmer slowly $2\frac{1}{2}$ hours; 1 onion, sliced finely; may be added if liked; a little before serving, add $\frac{1}{2}$ teaspoonful of any approved sauce, small piece of butter, thickening, pepper and salt to taste.

STEWED STEAK.

Cut the steak into dice, and soak them in a little vinegar for a few minutes. Then roll them in a mixture of flour, salt, and pepper, put them into a stewpan with a cupful of cold water; keep covered and cook slowly for 2 hours, serve with pieces of toast round the dish, or slices of lemon.

Stewed steak en casserole is made according to these same directions, substituting a casserole for a stewpan.

VOL-AU-VENT OF SWEETBREADS.

Six oz. flour, 6 oz. butter, yolk of 1 egg, 1 teaspoonful lemon-juice, $\frac{1}{2}$ gill cold water, 1 gill milk, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ saltspoonful pepper, 1 grain cayenne, 1 pair sweetbreads. First put the flour on a mixing board, make a little well in the centre thereof, and drop into it the egg and half the lemon-juice, adding, by degrees, the cold water; knead all firmly together, and roll out thinly; into the centre of the rolled paste put 5 oz. of the butter, fold the edges together until the butter is covered, and, flouring a rolling-pin, roll out as thinly as possible; fold the crust now in three layers and roll out again, and repeat this process of folding and rolling seven times, when it should be put into the ice-box and left long enough to become chilled through and quite firm; take the sweetbreads, thoroughly wash them, put them into a saucepan, cover with cold water, and bring the water to the boiling-point; allow them to boil in it for 5 minutes, when they should be again thrown into cold water, re-washed, and cut into small pieces; now put the butter and milk into a saucepan over the fire, and, when the milk boils, put into the pan also the pieces of sweetbread; season them with cayenne pepper and salt and let all simmer slowly for $\frac{3}{4}$ hour; when the crust has become cool and firm in the ice-box, take it out, and, placing it upon a mixing-board, roll it out to about one-third of an inch in thickness; cut out two vol-au-vent with vol-au-vent cutter, or a biscuit-cutter if the first be not convenient; cut in each a smaller circle about 1 in. from the edges half way through the crust, and, placing both upon a baking-tin, bake in a hot, quick oven for 20 minutes; when done remove the crust from the inner circle by slipping in a knife-blade and splitting it asunder; scrape out the centre of the vol-au-vent in order to make a hollow in which to pack the sweetbreads; put into each equal parts of sweetbreads; sprinkle over the meat the remainder of the lemon-juice; cover over it the little baked circle previously split out; garnish with fresh sprigs of parsley, and send to table in a hot napkin.

SCALLOPED TOMATOES WITH MEAT.

Half pint of any cold meat minced fine, 1 tablespoonful of parsley, $\frac{1}{2}$ an onion chopped fine, tomatoes, $\frac{1}{2}$ pint

fine bread-crumbs, pepper, salt, and a little butter. Mix the minced meat well with the crumbs, add the onion, parsley, and seasoning; line the sides of a pie-dish with peeled tomatoes cut in slices; fill up with the mince and cover with tomatoes cut in slices; sprinkle with crumbs, pepper, and salt; dot bits of butter over the top, and bake 1 hour.

A casserole may be substituted for a pie-dish and a better result obtained.

TOAD-IN-A-HOLE (1).

Take 1 lb. good beef steak, cut at least an inch thick, cut it into pieces, and place in a greased baking tin, some of them standing on edge. Make a batter with 2 eggs, a pint of milk, 2 tablespoonfuls flour, and a pinch of salt. Pour this into the tin, taking care that the two or three centre pieces of meat have their "heads" above the batter. Bake the whole for 1½ hours.

TOAD-IN-A-HOLE (2).

Take ½ lb. sausage or cold meat, 2 eggs, ½ pint milk, ¼ lb. flour, seasoning. Grease a Yorkshire pudding tin, put in the sausages or meat, make a batter of flour, eggs, and milk, beat it well, add the seasoning, and pour over the meat. Bake for 1 hour.

TO BOIL TRIPE.

Wash it clean and put it on to boil with 4 or 6 moderately-sized onions in plenty of water. When the onions are quite soft the tripe will be boiled enough. Serve it with the onions in a deep dish, with a little of the liquor in which it has been boiled and plain melted butter, or it will be greatly improved thus:—About 10 minutes before it is done strain off the liquor and replace it with a cupful of milk, roll a lump of butter in some flour and a little chopped lemon-peel, pepper and salt. Mix all well together, and let it boil gently for about 10 minutes.

TRIPE.

Take 2 lbs. tripe, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ pint water, 2 large onions, 1 teaspoon cornflour, 1 teaspoon chopped parsley, pepper and salt to taste. Cut the tripe into small pieces, put into cold water and boil 10 minutes. Take it out, scrape it, and pour away the water. Put in a clean saucepan with the milk and water, pepper, salt, and the onions whole. When boiling, draw back and simmer gently $2\frac{1}{2}$ hours. Thicken with the cornflour; take up the meat, pour the sauce over it, and garnish with chopped parsley. Tripe may also be fried in batter and served with melted butter.

TO ROAST A TURKEY.

Having picked, drawn and singed the turkey, truss it, stuff the breast with rich veal stuffing, adding a little sausage meat; sew up the neck. Cover the breast with buttered paper to keep it from scorching, and roast it to a fine brown. Baste it well, and a little while before it is done, remove the paper and allow the breast to brown. A good-sized turkey will require roasting from an hour and a half to 2 hours. You must have plenty of good gravy in the dish, and garnish with lemon. Serve with bread sauce.

VEAL CUTLETS.

Cut neat slices from a leg or fillet, beat them a little, fry them in lard or butter a light brown, mix some grated bread and lemon-peel, chopped sweet herbs, nutmeg, pepper and salt. Put all these into the frying-pan upon the cutlets, add a bit of lard or butter till they are brown, then add $\frac{1}{4}$ pint good gravy and a little cream. Fry some slices of bacon and place round the dish when serving.

TO FRY VEAL CUTLETS OR LAMB CHOPS.

Cut them $\frac{1}{2}$ an inch thick, beat up an egg, and with a whisk lay it over the cutlet on each side; after which dip it in bread-crumbs and lay it in a pan in which a little dripping or lard has already been melted. Cutlets should be dressed slowly and thoroughly, of a light brown.

GRAVY.—Half a cupful of water thickened with a very little flour, a lump of butter, pepper, and salt, a pinch of sweet herbs rubbed fine, and a few drops of lemon-juice; mix all together and put in the pan, boil up and pour over the cutlets. A little ham or bacon may be fried with veal cutlets and served on a separate dish.

TO BOIL A KNUCKLE OF VEAL.

Break or saw the knuckle into pieces; wash and put into plenty of water, with a little salt; let it boil gently from 2 to 3 hours, according to the size; it requires to be well boiled, in order to soften the sinews. It is eaten with boiled ham, bacon, or pickled pork. When dished, pour over it some good parsley sauce.

FILLETS OF VEAL BRAISED.

Seven or 9 fillets of veal, 1 pint stock, $\frac{1}{2}$ pint brown sauce, onions, carrots, celery, and peppercorns, $\frac{1}{2}$ pint peas. Place the fillets in a saucepan; put in plenty of vegetables and a little stock; simmer very gently for 1 hour: take up and place on baking sheets to brown in the oven; glaze them; dish on mashed potatoes, and pour round the brown sauce; heap the peas, which have been nicely boiled, and should be of a good colour, in the centre.

VEAL AND HAM PIE.

Take $1\frac{1}{2}$ lbs. veal, $\frac{1}{4}$ lb. ham, 1 hard-boiled egg, pepper and salt, and some veal stock; remove the bones from the veal. Put it in a pan covered with water, and allow it to boil for 1 or 2 hours. Let this cool; put a layer of veal in a pie-dish, some bacon, some hard-boiled egg, pepper and salt; finish by putting the veal on the top, fill the dish $\frac{3}{4}$ with stock. Crust: $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. butter, $\frac{1}{2}$ teaspoonful baking powder, 1 egg. Put the flour and baking powder in a basin, rub the butter into it, beat the egg and set half aside; add to the other half a little water; with this mix the flour into a stiff paste. Roll out a little larger than the pie-dish, cover, brush over with egg, and bake $1\frac{1}{2}$ hours.

VEAL AND SAUSAGE PIE.

Cut slices $\frac{1}{2}$ inch thick from a fillet of veal; season with pepper, salt, and mace; put one slice at the bottom of a dish, then over it a slice of Bologna sausage, then another slice of veal, seasoned; repeat until the dish is filled. Put no water in the pie, but cover with a good puff paste, and bake an hour and a half. It is excellent to eat cold.

FAMILY VEAL PIE.

The knuckle of the leg or shoulder is best for this. Cut off neatly, in small pieces, all the meat, and stew the bones and skin for an hour, with a teaspoonful of salt in the water. Let it stand to cool and remove the fat; arrange the meat in your dish with a good seasoning of pepper, salt and mace between each layer. Put $\frac{1}{4}$ pint of cold water into the dish, and cover with a good pie crust. Make an opening in the middle of the cover, and when the pie is baked, beat the gravy and pour it in through a funnel.

TO BOIL A TONGUE.

Soak all night, and be very careful to wash out the salt, which is put in crevices to preserve it. Boil it in plenty of water from $2\frac{1}{2}$ to 3 hours. Remove the skin before sending to table, and garnish with parsley. If to be served cold the tongue must be shaped and well pressed.

WINDSOR PIES.

Take $\frac{1}{2}$ lb. lean, tender mutton, 2 oz. cooked ham, $\frac{1}{2}$ small onion (parboiled), $\frac{1}{2}$ teaspoon dried herbs, pepper, salt, $\frac{1}{4}$ pint stock or gravy, $\frac{1}{2}$ lb. pastry (see veal and ham pie); mix the ham, mutton and onion finely chopped; roll out the pastry as thin as possible; cut it out the size of the patty pans, and line them with paste; wet each piece with a little egg or water, put a little of the mixture into each pan and lay the cover on. Make 2 slits, brush over with milk, bake in a hot oven for 20 minutes; have the gravy ready and pour it in when they are cooked.

YORKSHIRE PUDDING.

$\frac{1}{2}$ lb. flour, 1 pint milk, 2 eggs, a pinch of salt. Sift flour into basin, make a well in the middle, add salt, add eggs one at a time, beat carefully, add milk slowly till all flour is moistened, beat well, add the remainder of the milk, allow to stand $\frac{1}{2}$ hour. Put 1 oz. of fat into meat dish, make hot, pour in batter, and bake $\frac{3}{4}$ hour. Serve in neatly cut squares with roast beef.

FILLET OF BEEF A LA MAITRE D'HOTEL.

About 1 pound of fillet of beef, 1 ounce of butter, 2 teaspoons of lemon-juice, 1 tablespoon of chopped parsley, salt and pepper, $\frac{1}{2}$ a pint of brown sauce, potato balls.

Mix together on a plate the butter, parsley, lemon-juice, salt, and pepper. Divide it into as many pieces as there are fillets, work each into a neat round pat, and put them on the plate in a cold place to harden.

Scrub, wash, and peel some potatoes (about 1 pound and a half), then with a large vegetable cutter scoop out little balls like marbles. Cook them until just tender in salted water. Drain them well.

Cut the fillet into small rounds about the size of the top of a claret glass, and nearly $\frac{3}{4}$ of an inch thick. Flatten these slightly with a knife, and trim them neatly.

Brush each over with a little melted butter or beef dripping. Heat the gridiron, and either brush it over with a little melted butter or rub it with a piece of suet.

Put on the fillets, and grill them either before or over a quick fire from eight to ten minutes, turning them several times.

Arrange the potato balls on a hot dish, slightly heaped in the centre. Put the fillets on them, place a pat of Maitre d'hotel butter on each fillet, and pour the sauce round, and serve.

SPICED BEEF.

This must be prepared some 10 days or more beforehand.

Take 8 lb. or 10 lb. of thin flank of beef, and remove all skin and bone. Mix together 1 lb. of common salt, 1 oz. of saltpetre, $\frac{1}{2}$ a pound of coarse sugar, 3 oz. of

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allspice, and 1 of peppercorns. The spices should be well pounded. Rub this into the beef, and continue the rubbing every day for ten days, when the beef is ready for cooking. Roll it up like a galatine into a nice shape, tie up in a cloth, and place in a pan, with warm water to cover, 2 onions stuck with 6 cloves, 2 carrots, and a teaspoon each of allspice and peppercorns. Simmer very gently for 6 hours, keeping the water well skimmed. Take it up, re-roll in the cloth, and put to press between two dishes, with heavy weights on top. When quite cold, trim the beef neatly, brush over with glaze, and garnish with parsley and little dice made of aspic jelly.

POTTED MEAT.

One lb. and a half of calf's liver, 1 lb. of raw fat bacon, 2 chopped shallots, 1 blade of mace, 3 peppercorns, 2 cloves, 1 saltspoonful of salt, 6 ounces of butter, $\frac{1}{2}$ a teaspoonful of castor sugar.

Soak the liver in tepid water to free it from blood, then wipe it dry. Cut the bacon into squares, put it into a clean, bright pan with all the other ingredients, except the liver.

Put the pan on the fire, and stir the contents until the butter is melted and the bacon a very pale brown, then add the uncut liver.

Let all simmer very slowly from 2 to $2\frac{1}{2}$ hours, stirring it occasionally. Next turn all into a basin, and leave until cold.

Take off the butter that has risen to the top, put it on one side, and pound the liver to a paste; next rub it through a sieve. There will be a little gravy from the liver; add 1 tablespoonful of it with three-quarters of the butter which was skimmed off, to the sieved liver. But it must first be gently melted.

Mix all well together, and season it carefully with salt and pepper.

Press the mixture into small jars, smooth the tops over with a knife dipped in hot water, then pour some clarified butter over the top of each, and cover with tissue paper dipped in milk. Potted meat can be made in exactly the same way from any other kind of meat, or from left-over bits.

FRICANDELLE

1 lb. lean beef, steak, or other cold meat; $\frac{1}{4}$ lb. bacon, 1 cup cold boiled rice, 1 cup breadcrumbs, 1 carrot, 2 eggs, pepper and salt, a little good gravy, 1 dessertspoon Worcester sauce. Put meat, bacon and carrot through mincing machine; add other ingredients. Put in a buttered basin and steam three hours. Can be eaten hot, or is very nice cold with salad.

RISSOLES.

Mince the beef and stew it gently with some stock until well cooked (about 2 hours); add pepper and salt, and sweet herbs. To 1 lb. of mince add $\frac{3}{4}$ lb. finely-sifted breadcrumbs. Form into small, round flat cakes, and cover well on both sides with coarse oatmeal, and fry in dripping. If the rissoles are too dry to absorb the oatmeal they may be dipped first in beaten egg.

GENERAL DIRECTIONS FOR DRAWING AND TRUSSING POULTRY.

After the bird has been carefully plucked and singed the feet and legs should be scalded and the nails and horny skin removed, then proceed to truss.

For *boiling*, the *legs* are severed at the knee joint, the skin of the leg loosened so that the *legs can be pressed right back into the body*.

For *roasting*, the *legs* should be broken half way between the foot and the knee, the foot should then be twisted round till the skin gives way at the break and exposes the sinews, which may then be drawn out. After the bird is cooked the leg should be broken off at the knee. By leaving the short piece on during the cooking process the flesh is prevented from shrinking back and exposing the bare bone.

The legs should be well pressed against the body of the fowl and firmly secured with string or skewer. The flap of skin left at the neck should be folded over the back and kept in position by the wings. When trussing ducks or geese the feet are left on, and the legs are twisted round the body in such a way that the feet lie flat on the back.

The tips of the wings of geese, ducks, partridges, pheasants, and small game are cut off before trussing.

For *fwols* and *turkeys* the forcemeat is placed in the *neck*; for *geese* and *ducks* in the *body* of the birds.

Poultry and game lack fat in themselves, and to make up the deficiency ham or boiled or grilled bacon should be served with them.

The usual sauce accompaniments are:—

Roast turkey or roast fowl, celery, tomato or oyster sauce. *Bread sauce* must always be served with *fowl* in addition to any other sauce desired.

Boiled turkey or boiled fowl—celery, *béchamel*, *maitre d'hôtel* or other good white sauce.

Roast goose or duck—apple or tomato sauce.

Thick or thin gravy may be served with poultry.

A good seasoning for *fwols* or *turkey* is as follows:—
3 tablespoons breadcrumbs, $\frac{1}{2}$ tablespoon minced parsley,
1 teaspoon sweet herbs, grate of nutmeg, grate of lemon rind, salt and pepper. Mix all together and bind with an egg well beaten.

For Geese or Ducks, Sage and Onion Stuffing.—Blanch and boil 4 onions till quite tender, add 9 sage leaves and cook 5 minutes longer, drain and mince onions and sage leaves and mix well with 4 oz. breadcrumbs, 1 oz. butter, and salt and pepper to taste.

Bread Sauce for Fwols.—Soak a slice of onion and 12 peppercorns in 1 pint of milk for 20 or 30 minutes. Bring slowly to the boil, strain, and sprinkle in 4 oz. breadcrumbs, allow to stand by the fire for 5 minutes then heat to boiling point, stir in 1 oz. of butter or 4 tablespoons of cream. Season to taste with salt and add a little cayenne. Serve at once.

A FEW HINTS ON BONING POULTRY.

Birds of all kinds should be *undrawn* when boned. Use a sharp knife. Begin at the back and lift the flesh with a short, sharp knife from either side till legs and wings are reached. Sever the legs and wings from the body and, if desired, bone them separately. The bony carcass should be intact.

GALANTINE OF TURKEY.

1 turkey, 1 tongue, 1 quart aspic jelly, 2 lbs. sausage meat, 1 lb. bacon, glaze. Bone the turkey; boil the tongue, skin it and cut away the root; put these trimmings through the sausage machine, and then mix with sausage meat; lay the turkey open and put in a layer of sausage meat and some bacon cut in strips; then put in the tongue, and pack all round with sausage meat and bacon; roll up the turkey, tie in a cloth, and boil slowly for 2½ or 3 hours, according to size; press under weights until next day; remove the cloth, glaze well, and garnish with aspic jelly.

MOULDED FOWL.

1 fowl prepared as for boiling, 1 carrot, 1 white turnip, 1 onion, 6 peppercorns, 1 blade mace, 1½ pints stock. Put all in saucepan, having peeled and roughly cut up vegetables. Simmer 1¼ hours. Take fowl from saucepan, cut flesh neatly off the bones, return bones to the saucepan and boil for 1½ hours longer. Strain, allow to cool; soak ½ oz. of gelatine in it, return to saucepan with whites of 2 eggs and whisk well to clear it. Strain, and put a little into a wetted mould; decorate with white and yolk of hard-boiled egg, a little thinly sliced gherkin and tiny pieces of parsley; add a little more of the jelly, let it set, then fill the mould with tiny pieces of fowl, some minced ham, tongue, hard-boiled egg, etc. When set turn out and garnish with chopped jelly and watercress.

DIRECTIONS FOR COOKING VEGETABLES

No directions can be given as to the exact time that vegetables require for boiling, as so much depends on their size and age. To find out when they are done pass a fork through the stalk of cabbages, cauliflowers, etc., if soft they are ready, they begin to sink when nearly boiled enough. All greens should be boiled by themselves with plenty of water and a good lump of salt; the water should be boiling when they are put in and kept boiling; a very small quantity of carbonate of soda thrown into the water just before the vegetables are put in mellows the greens and preserves their colour. They should be perfectly strained immediately they are done. The lid must be kept off the saucepan while boiling green vegetables.

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POTATOES.

Potatoes should be as nearly of a size as possible, or the small ones will break before the large ones are done; put them into cold water scarcely enough to cover them, add a lump of salt; let them boil slowly and when they begin to crack pour the water off, and set the saucepan a little off the fire with the lid off till they are quite dry and mealy.

CAULIFLOWERS.

Wash thoroughly in several waters, and soak for fully an hour before dressing. Put into the saucepan of boiling water with a lump of salt, boil till tender, drain in a colander and serve with melted butter. A small piece of toast placed in the vegetable dish absorbs any water that may be in cauliflower.

ONIONS.

Choose some nice white ones, peel, and put into boiling milk with a little salt, boil till tender, $\frac{1}{2}$ to $\frac{3}{4}$ of an hour, drain and serve as for cauliflowers.

TOMATOES.

Pour scalding water over them to loosen the skins; leave them for five minutes; then peel and place them in stewpan with a little salt and butter; stew slowly for $\frac{1}{2}$ an hour and serve on buttered toast.

GREEN PEAS.

Peas should be boiled as soon as shelled. Put them into boiling water in which there has been thrown a pinch of carbonate of soda and a little salt. Boil 20 minutes or till tender; strain, and pour into a vegetable dish over a lump of butter; a few sprigs of mint should be boiled with peas.

CHOKOES.

Chokoes are not generally known, but are a very delicately flavoured vegetable. The best results are obtained by cooking them whole; then split them lengthwise, remove the seeds and add butter, pepper and salt to taste.

SPINACH.

Spinach should be well washed, the veins and stalks removed and the leaves cooked without any water other than that clinging to the leaves. Add a little salt and cook gently till tender. Drain through a colander, press well, chop finely, return to saucepan with a little butter and pepper, thoroughly reheat and serve in a hot vegetable dish.

BROAD BEANS.

Shell the beans, drop into boiling salted water and boil till the skin breaks. Drain and put into cold water, then remove the skins. Return to boiling water and cook till tender. Drain and serve in hot vegetable dish with well-made melted butter poured over.

ASPARAGUS.

Scrape the asparagus, handling carefully to prevent breaking the tops. Tie into small bundles and have ready a saucepan containing enough boiling water to cover the white part, stand the bundles in; add a little sugar, salt and vinegar to the water and cook gently for 25 to 30 minutes. Lift into hot vegetable dish, untie bundles and pour a little melted butter over the tops. A piece of toast should be placed in the bottom of the vegetable dish to absorb any water.

BEETROOT.

Wash the beetroot, being careful not to break the tops. Put into boiling salted water and boil from $\frac{1}{2}$ to $1\frac{1}{2}$ hours according to size and age of the beetroot. Drain, cover with cold water to loosen the skin. Remove the skin and, if liked, serve as a hot vegetable with white sauce. If desired for salad allow to cool, slice thinly and cover with vinegar in which a few peppercorns, a dessert-spoon of sugar and $\frac{1}{4}$ teaspoon of salt have been boiled.

LENTILS.

Well wash, boil gently from 1 to $1\frac{1}{2}$ hours in sufficient water to well cover them. A little dripping, salt and pepper should be added to the water in which they are cooked and they should be kept carefully stirred. Serve hot.

HARICOT BEANS.

(Sufficient for six persons).

Three-quarters of a pound of haricot beans, 1½ pounds of onions, 2 pounds of carrots and turnips, 2 pounds of potatoes.

Soak the beans over night, slice carrots and turnips, fry the onions in fat in a stewpan till brown. Add water, beans, and carrots. Simmer for 2½ hours. Add the turnips and potatoes. Boil for 1 hour.

(Dumplings may be cooked with this dish).

SALADS.

The French, who are recognised authorities on salad making, never mix their saladings, claiming that one flavour interferes with another. There are, however, no set rules to be regarded in salad making; the ingredients used and the methods adopted are entirely dependent on the taste of the maker. The food value of salads claims for them a foremost place in the summer menu.

AUSTRALIAN SALAD.

Take 3 large lettuces, 1 bunch radishes, 2 bunches spring onions, 1 cup of finely chopped mustard and cress, 4 tomatoes (skinned), 2 sprigs finely-chopped parsley and lemon-thyme, the chopped whites of 2 hard-boiled eggs.

DRESSING.—The yolks of 2 eggs (having been boiled 15 minutes) beaten with 1 large steamed potato, then add ½ cup of grated cocoanut, 6 sweet almonds (shredded), 1 teaspoonful of mustard, 1 teaspoonful curry powder, ½ teaspoonful pepper, 2 teaspoonfuls salt, 1 cup of cream, and ½ cup of vinegar. The whole to be beaten until quite smooth, then pour on the salad and toss well for 10 minutes with 2 large forks. The dressing must not be added to the salad till just before serving.

TOMATO SALAD.

One dozen medium-sized tomatoes cut in thin slices, 1 tablespoonful vinegar, 1 tablespoonful sugar, 1 dessert-spoonful Worcestershire sauce, ½ teaspoonful pepper, ½ teaspoonful salt, 1 small onion cut very fine, 1 small apple. These last two may be left out if not liked. Prepare some hours before wanted. Will keep two days.

LETTUCE SALAD

Prepare the lettuce by carefully washing each leaf, and removing the mid rib. Shake dry in a clean tea towel, and either tear into small pieces with the fingers or shred finely with a sharp knife. A little finely minced onion, eschalots, cucumber or tomato, or some of each, may be mixed with the lettuce, which should be lightly arranged in a salad bowl; a little beetroot or cucumber and white of hard-boiled egg may be used as a garnish. Serve with salad dressing.

POTATO SALAD.

Some well boiled cold potatoes (preferably new potatoes), some finely minced onion, a few slices of beetroot for garnish, and some plain salad dressing. Slice the potatoes thinly, sprinkle with finely minced onion, arrange in salad bowl, garnish with beetroot, pour salad dressing over and serve.

HARICOT SALAD.

Some well cooked haricot beans placed in a salad bowl and sprinkled with finely minced parsley. Mix equal quantities of best olive oil and vinegar; add salt and pepper and pour over salad; allow to stand from 30 to 45 minutes before serving.

CELERY SALAD.

Wash 2 heads of celery carefully. Cut into small pieces, arrange in salad bowl, pour a plain dressing over them and garnish with a border of thinly sliced beetroot.

N.B.—When used for garnish beetroot may be cut into fancy shapes.

RUSSIAN SALAD.

Equal quantities of cold cooked carrot, turnip, beetroot, and potato, cut into dice, well mixed in salad bowl. Mix equal quantities of vinegar and good oil, season with salt and pepper, sprinkle over the salad and allow to stand from 40 to 45 minutes.

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CHICKEN SALAD.

Remove the skin from a cold cooked chicken, cut into dice, mix it with some finely cut celery and well made mayonnaise; add some shredded lettuce, mix lightly, put into salad bowl and decorate with beetroot and hard-boiled white of egg.

LOBSTER SALAD.

Remove flesh from body and claws of lobster and cut it into dice. Mix with some mayonnaise sauce and finely shred lettuce. Heap in salad bowl and decorate with pieces of endive or very young, crisp lettuce leaves and hard-boiled eggs cut in quarters.

PLAIN SALAD DRESSING I.

Hard-boiled yolk of eggs, $\frac{1}{4}$ teaspoon mustard, $\frac{1}{2}$ teaspoon salt, 2 tablespoons condensed milk, 2 tablespoons vinegar—more or less to taste. Put yolk in basin and mix with mustard and salt till quite smooth; add condensed milk, mix till smooth, then gradually add vinegar. Do not pour dressing over a salad till just ready to serve it.

PLAIN SALAD DRESSING II.

Mix with 1 hard-boiled yolk of egg, $\frac{1}{4}$ teaspoon mustard, $\frac{1}{2}$ teaspoon salt, 1 tablespoon sugar; add $\frac{1}{2}$ teaspoon best olive or lucea oil; when well mixed add 2 tablespoons of cream, and lastly, very gradually mix in 2 tablespoons of vinegar. Oil in salad dressing aids digestion.

MAYONNAISE.

1 raw yolk of egg, 3 tablespoons best oil, 2 tablespoons of good vinegar, pepper and salt to taste. Put the yolk of egg in a basin with round bottom so that thorough stirring is possible; add the oil very gradually, at first just drop by drop, stir constantly, and when all the oil has been added carefully stir in vinegar and seasoning. Mix a tablespoon of warm water with it to prevent curdling.

AMERICAN SALAD DRESSING.

Mix well 2 teaspoons cornflour, $\frac{1}{2}$ teaspoon mustard, $\frac{1}{2}$ teaspoon salt, 2 tablespoons sugar, and a pinch of carb. soda. Add $\frac{1}{2}$ cup milk, 1 tablespoon butter, $\frac{1}{4}$ cup vinegar, 1 well-beaten egg; stir vigorously over fire till it thickens. Allow to get quite cold, then serve as dressing.

EGG LILY SALAD.

Boil 6 eggs for 20 minutes, drop into cold water, remove shells. Divide eggs into halves, crosswise, cutting the whites in such a way that the edges will be cut into sharp points. Remove yolk and mix well with 1 tablespoon butter (melted), 1 teaspoon salt, $\frac{1}{2}$ teaspoon mustard, and a dessertspoon vinegar. Refill the whites with this mixture and arrange on a bed of crisp lettuce leaves. Serve with American salad dressing.

ENTREES, BREAKFAST DISHES AND FISH

OYSTER OMELETTE.

One dozen oysters, 1 tablespoon oyster liquor, 1 tablespoon milk, 6 eggs, 1 oz. butter, salt and pepper to taste. Blanch oysters, drain and remove beards, cut into dice. Beat eggs, add milk, liquor and seasoning. Melt the butter in a chafing dish, pour in mixture and stir well. When eggs begin to set, draw into an oval shape; allow to brown, and serve at once.

ANCHOVY TOAST.

Six anchovies, 1 oz. butter, 4 eggs, $\frac{1}{2}$ pint cream or milk, salt, cayenne pepper, 8 or 9 pieces bread. Bone the anchovies and chop them finely. Pound them in a mortar with the butter and a few grains of cayenne pepper until they become a paste. Cut the bread with round fluted cutters, the first piece the size of a muffin, and the rest gradually diminishing in size. All should be about $\frac{1}{2}$ in. thick. Fry the pieces of bread pale brown. Put the yolks of eggs in a basin, beat them up well, and add to them the cream or milk and a small pinch of salt. Pour the mixture into a jug. Place the jug in a saucepan of boiling water,

and stir the custard until it thickens and coats the spoon. Spread some of the anchovy mixture on each piece of fried bread, and pile the pieces in a pyramid. Pour the custard over and serve hot.

ANCHOVY AND EGG CROQUETTES.

Two teaspoonfuls anchovy paste, 2 hard-boiled eggs, 1 oz. cold boiled tongue, $\frac{1}{4}$ teaspoonful pepper, 1 raw egg, 4 tablespoonfuls bread-crumbs. Dip the hard-boiled eggs in cold water and then remove the shells; chop the eggs up very finely, place them in a basin, and add to them the anchovy paste; beat this mixture well together (use the back of a wooden spoon); now chop the tongue almost to a powder; add it to the mixture, and roll it into small balls; when all is used up, beat the raw egg well on a plate and dip each ball into it; place the bread-crumbs now on a sheet of paper, and roll each ball in them; beat some clarified fat until the steam rises, and, just before dropping in the balls, make a small hole in them with the point of the finger; when the balls have taken a pale brown colour, place them on a sheet of paper for a second, then arrange them on a hot napkin, place in the centre of each a teaspoonful of maitre d'hotel butter, and send it to the table at once.

ANGELS ON HORSEBACK.

Take some pieces of nicely trimmed toast, cut bacon the same size but very thin, lay the bacon on the toast, then put a couple of oysters on the bacon; pepper, and then pour some of the oyster liquor over the whole. Put in the oven for a little while to get well heated.

BEEF FRITTERS.

Chop up pieces of cold steak or roast beef very finely. Make a batter as for ordinary fritters, only using salt and pepper as seasoning; add the chopped meat and mix well; Put a small piece of butter into the omelette pan, and, when hot, drop in a little of the mixture. Fry a light brown on both sides, and serve hot. Garnish with parsley.

BEEF AND POTATO SANDWICHES.

Some slices of salt beef, yolks of eggs, bread crumbs and mashed potatoes. Fry the cold beef lightly, and when done spread evenly over each side a layer of mashed potatoes, and cover with egg and bread-crumbs. Fry in boiling fat a nice brown, and serve very hot.

FRIED BRAINS.

Carefully remove skin from brains, soak for 30 minutes in salted water. Blanch, dry, dip the brains in flour and milk, then in bread-crumbs, and fry quickly. They only need to be browned. Serve very hot on toast.

STEWED CARROTS AND RICE.

Take 1 lb. carrots, a little parsley, $\frac{1}{2}$ teaspoon sugar, a little pepper and salt, 1 teaspoon cornflour, 1 large cup of stock; scrape the carrots, put in a pan of cold water, and let them boil; take them out and rub with a coarse towel, cut in neat pieces, return to the pan with the stock, sugar, pepper and salt; stew slowly 1 hour, moisten the cornflour with a little water, add the parsley; pour this in among the carrots, and stir till it boils; have ready a dish with a border of rice, pile the carrots in the centre, and pour the sauce over them.

CHICKEN CREAM.

Take the breast of a chicken, after being cooked, and put it through the mincing machine, then beat in a mortar with a little nutmeg, mace, pepper and salt; have ready a small piece of bread boiled in milk, pound all together, beat up 2 or 3 yolks of eggs, then beat all together with $\frac{1}{2}$ cup of cream; add the whites of the eggs beaten to a stiff froth, mix all together, butter a shape, and steam with paper on the top. Serve with plain butter sauce.

TIMBALE OF CHICKEN.

Take 6 oz. straight macaroni, 1 lb. cooked chicken, $\frac{1}{2}$ lb. cooked ham, 1 saltspoon pounded sweet herbs, pepper and

salt, 2 oz. bread-crumbs, 6 mushrooms, 3 eggs; boil the macaroni in water for 10 minutes, drain, boil in milk 10 minutes, cut in pieces $\frac{3}{4}$ inch long, and line a well-buttered mould with pieces set on end, and closely packed together; finely mince the chicken, ham, and mushrooms; put into a basin with the crumbs and seasoning, and bind the mixture with the eggs; stir well, fill the centre of the mould with the mixture, press it firmly down, cover the top of the mould with buttered paper, and steam until it is firm in the centre (about 1 hour), lift the lid of the pan occasionally to wipe off the steam. Turn out and serve very hot with white sauce as follows:—Put the bones and trimmings of a fowl in a saucepan with $\frac{3}{4}$ pint cold water, a small onion, 6 white peppercorns, a small bit of mace, and a pinch of salt, simmer 1 hour and strain, mix 1 oz. flour and 1 oz. butter in a saucepan over the fire, add a gill of this stock or cream, stir till it boils and thickens.

DRESDEN PATTIES.

Half a cold chicken, 2 oz. cooked ham, 1 gill stock, $\frac{3}{4}$ pint cream, 6 button mushrooms, 1 oz. flour, 1 oz. butter, a squeeze of lemon-juice, 1 saltspoonful salt, a few grains cayenne pepper; take some slices of stale bread about 2 inches thick and cut into rounds 2 inches in diameter, then cut each round half way through with a plain cutter 2 sizes smaller, and remove the centre; dip the rounds into cream, and drain, brush them over with beaten up egg, and dust with bread-crumbs; fry a nice brown in hot fat, drain, and fill with chicken mixture prepared as follows:—Cut the chicken into small dice, mince the ham and mushrooms, mix flour and butter in a saucepan on the fire, add the stock, and stir until it boils and thickens, allow it to boil 5 minutes, then add 2 tablespoons of cream and the other ingredients, and heat thoroughly. Serve very hot. N.B.—Any savoury mixture of cold meat may be used.

SAVOURY EGGS.

Seven eggs, 1 tablespoon minced ham, 1 teaspoon parsley, $\frac{1}{2}$ saltspoon salt, $\frac{1}{4}$ saltspoon pepper, $\frac{1}{2}$ oz butter; boil the eggs 15 minutes, then put into cold water; when

cold shell and cut them in halves, lengthwise, take out the yolks, and pound them in a mortar with the other ingredients; fill the whites with the mixture, and press the sides together, rub them with flour, egg, and bread-crumbs, and fry a nice brown. Serve hot with fried parsley in the centre of the dish.

SCRAMBLED EGGS.

Take 4 pieces buttered toast, 2 eggs, 1 dessertspoon butter, 2 tablespoons milk. Put the butter and milk into a saucepan to get hot, drop in the eggs without beating, and stir until it begins to thicken, but do not allow it to become hard. Add pepper and salt, pile on the toast, and serve at once.

POACHED EGGS.

Butter some cups, sprinkle finely-chopped parsley in the bottom of each, break an egg into each, sprinkle with pepper and salt. Then stand the cups in a stewpan containing a little boiling water for 5 minutes. Turn on to buttered toast.

EPIGRAMS.

One lb. cold meat, $\frac{1}{4}$ lb. savoury meat, frying batter. Cut some cold meat into neat slices and spread with any kind of sausage meat (or Strasburg tinned meat will do); cover each piece with batter and fry a good colour in very hot fat; pile high on the dish, garnish with fried parsley; this can be served with an entrée. A plainer, but very nice, dish, suitable for breakfast or luncheon, can be made by omitting the savoury meat, and seasoning the slices with pepper and salt and frying them in batter.

FRICANDELLE.

Chop some remains of veal or any other cold meat, fat and lean together; season it with pepper and salt; put about an equal quantity of grated bread-crumbs, 1 oz.

butter, an egg, and a little good gravy. Mix well together and press firmly into a basin or mould, buttered; boil for $\frac{1}{2}$ an hour, turn out and serve with a little brown gravy over it.

BOILED FISH.

Take 2 lbs. any fish, 1 tablespoon vinegar, ditto salt. Thoroughly wash and clean the fish in cold water. Put it into a pan of boiling water, with the vinegar and salt; boil it very gently for 15 or 20 minutes till you see that the meat will come easily from the bones. Lift out with a slice and serve with butter sauce.

GRILLED FISH.

One bream, 1 anchovy, 1 gill milk, $1\frac{1}{2}$ oz. butter, 1 tablespoonful bread-crumbs, lemon-juice and pepper. Butter a tin dish, lay in the fish, sprinkle with pepper, salt, and crumbs; pour over half the butter, dissolved, and grill in gas stove or in oven; pound the anchovy, put into a saucepan with the rest of the butter, lemon-juice and milk; boil up, dish the fish, and pour over this sauce.

FISH CAKES.

Take 1 lb. cooked fish, 1 dessertspoon butter, 1 lb. cooked potatoes, 1 dessertspoon milk, the yolk of 1 egg, 1 whole egg, some bread-crumbs. Boil the potatoes and rub through a sieve. Clean the fish. Put the butter and milk in a saucepan to heat, stir in the potatoes and fish; when warm, stir in the yolk of egg, some pepper and salt, and mix. Turn on a plate to cool. Put some flour on a board, and with the hands and a knife form into cakes. Beat the egg and brush it carefully over. Cover the cakes with bread-crumbs, then fry in boiling fat and drain on paper.

FISH AND POTATO PIE.

Take $\frac{1}{2}$ lb. cooked fish, $\frac{1}{2}$ lb. potatoes, 1 dessertspoonful butter, 1 teaspoonful flour, 1 gill fresh milk. Have the fish free from skin and bones. Boil and mash the potatoes

with a dessertspoonful of milk. Put the butter and flour in a saucepan and mix on the fire till smooth; then stir in the milk; boil, and season with salt and pepper. Put a layer of half the fish in the bottom of a pie-dish, pour over half of the sauce, then the rest of the fish, and cover again with sauce. Spread the potatoes on the top, with little pieces of butter; mark, and put in the oven for about $\frac{1}{2}$ an hour.

FISH CUTLETS.

One teacup cold white fish (cooked), 1 oz. flour, 1 oz. butter, 1 tablespoon cream, 1 gill fish stock or milk and water, a little anchovy sauce, a few drops lemon-juice, pepper and salt. Take the fish from the bones and break it into small pieces; there should be a teacupful after it is freed from skin and bone. Put the butter and flour into a small saucepan and rub them together over the fire with a wooden spoon till they are in a smooth paste. Add the fish stock (or milk and water), and stir one way till it boils and thickens. Boil well; add the cream, seasonings and fish; mix well. Spread the mixture on a plate and put it aside to cool and stiffen. When cold divide the mixture on the plate into 6 or 7 pieces, shape into small cutlets, brush over with egg, shake them in bread-crumbs, and fry a nice brown in hot fat. Serve garnished with parsley.

FISH TOAST.

Three tablespoons cold fish, 1 oz. flour, 1 oz. butter, 3 pieces fried bread, 1 gill milk, $\frac{1}{2}$ teaspoonful anchovy sauce, pepper and salt. Prepare as in fish cutlets. Allow the fish to heat thoroughly in the sauce. Pile the mixture on small rounds of fried toast. Serve very hot.

HAM CROQUETTES.

Mix 2 oz. grated ham with $\frac{1}{2}$ lb. mashed potatoes, 2 hard-boiled eggs chopped fine, a little butter, pepper and salt, and make into croquettes. Dip quickly in egg and bread-crumbs, and fry in boiling fat until nicely browned.

HAM TOAST.

Eight small pieces of toast, $\frac{1}{4}$ lb. cooked bacon or ham, 1 raw egg, a little cayenne pepper and salt, 1 hard-boiled egg. Mince the ham, then pound it in a mortar, add the yolk of the boiled egg, the raw egg, and the seasoning; pound well; put in a small pan, stir over the fire till thoroughly hot; add 1 drop of carmine; spread on toast. Rub the white of egg through a sieve, and sprinkle it over the toast.

POTTED HAM.

To 2 lbs. of lean ham allow $\frac{1}{2}$ lb. of fat, 1 teaspoonful pounded mace, $\frac{1}{2}$ teaspoonful pounded allspice, $\frac{1}{2}$ nutmeg; pepper to taste. Pound the ham to a fine paste with the fat, adding the seasoning and spice. Press the mixture into pots; pour over it a little clarified butter, and keep in a cool place.

SHEEP'S KIDNEYS.

Skin and cut through; put a little butter, pepper, and salt to each; place in oven in pie-dish, without water, for 8 minutes; serve with snippets of toast.

STEWED KIDNEYS ON TOAST.

Three sheep's kidneys, $\frac{1}{2}$ oz. butter, a pinch of lemon-rind, a pinch of nutmeg, pepper and salt, 1 teacup brown stock, 1 large teaspoon flour, $\frac{1}{2}$ teaspoon ketchup, 3 round pieces of fried bread, a squeeze of lemon-juice. Skin the kidneys, remove the fat, and cut each into 3 or 4 pieces. Put the butter into a small pan and allow it to melt. Lay in the pieces of kidney, add the stock, lemon, and nutmeg; simmer (they must not boil) for 20 minutes. Prepare 3 round pieces of bread by frying or toasting. If fried bread is used, it is a great improvement to egg and bread-crumb the pieces before frying. Put the flour into a basin, add pepper and salt and ketchup, rub smooth with a little cold water. When the kidneys are tender, pile them on the

toast, add the thickening to the gravy, boil up, add a squeeze of lemon-juice, and pour the gravy over the kidneys. Serve very hot.

KIDNEY TOAST.

Chop up several mutton kidneys very finely, season with salt and cayenne and some very fine parsley. Stir over the fire in a small saucepan with a little butter till done. Have ready some hot buttered toast to put them on; but before doing so add the well-beaten yolk of an egg and a squeeze of lemon. Spread the mixture on the toast and put in the oven for a minute to get hot.

CURRIED LOBSTER.

The meat of a lobster, 1 small onion, 3 oz. butter, 2 oz. flour, 1 oz. curry powder, a speck of cayenne, salt, a pint of water or stock. Melt the butter, add the onion cut finely, fry it brown. When cooked add the flour and curry powder and stir for 2 minutes; add the stock, cook 2 minutes and strain; add the meat of lobster, cut into dice, and simmer 5 minutes. Serve with a border of rice round the dish.

LOBSTER SOUFFLE.

One large lobster, 3 oz. flour, $3\frac{1}{2}$ oz. butter, $1\frac{1}{2}$ pints milk, pepper, and salt, 1 tablespoon anchovy sauce, $\frac{1}{2}$ do. vinegar, $\frac{1}{2}$ do. Worcester sauce, 5 yolks of eggs, 6 whites of eggs. Put the flour and butter in a pan over the fire and mix to a smooth paste; add the milk and boil till it thickens. Pour half the sauce into a basin and set it aside. Add to the other half in the pan, the lobster cut into very small pieces. Take the spawn if any, and pound it in a mortar with $\frac{1}{2}$ oz. of butter. Pass through a sieve, and add half of it to the sauce in pan, together with the flesh, sauces, vinegar, pepper, and salt. Mix all well, and stir in the yolks of 5 eggs; then mix in lightly the whites of 6 eggs, beaten to a stiff froth. Butter a plain tin mould, tie

a band of buttered paper round it, put in the mixture, which should only half fill it, steam slowly for $1\frac{1}{4}$ hours. To the sauce in the basin add a little milk, put it in a saucepan on the fire, boil 5 minutes, then add the remaining half of the coral (spawn), butter, pepper, and salt, strain round the soufflé and serve hot. The entree is frequently made with tinned lobster, when a $\frac{3}{4}$ -lb. tin is the quantity used.

MACARONI CHEESE.

Boil the macaroni in milk or weak veal broth well flavoured with salt; when tender, put it in a shallow dish without the liquor, and add some butter or scalded cream and grated cheese. Over the top put more of each. Brown the top without letting it get hard.

MADAME CARRENO'S RECIPE FOR MACARONI AU GRATIN.

Throw some macaroni into water which is boiling fast and is already salted; boil it 20 minutes, then drain it; put in a good-sized lump of butter, and stir well till melted, dropping in with the left hand some gratings of cheese.

CROQUETTES OF MACARONI.

One-quarter lb. macaroni, $\frac{1}{2}$ pint milk, 1 oz. butter, $\frac{1}{2}$ oz. flour, 1 gill cream, 2 oz. cheese, 2 eggs, $\frac{1}{2}$ teaspoonful salt, 1 saltspoonful pepper, 1 grain cayenne, 3 tablespoonfuls bread-crumbs. Wash well the macaroni, place it in a saucepan, cover it with the milk, and boil slowly for $\frac{3}{4}$ of an hour. Drain the macaroni well on a sieve, and cut it in $\frac{1}{2}$ -in. lengths; melt the butter in a saucepan; add the flour, then, by degrees, the cream; stir all till boiling, boil 2 minutes, take the pan at once from the fire, add the cut macaroni, pepper, salt, and cayenne; grate the cheese, add it also, then drop in yolks of 2 eggs, stir well together, and place on one side till quite cool; roll the mixture into small balls; beat well the whites of the eggs on a plate, roll the balls well in the whites, then place the bread-crumbs on

a plate and roll the balls also in it; beat some clarified fat in a stewpan, and when the smoke rises drop in the balls and brown them for 2 minutes; drain on sheet of kitchen paper and serve very hot.

SCOTS EGGS.

Take 4 eggs, $\frac{1}{4}$ lb. pork sausage meat, $\frac{1}{4}$ lb. bread-crums, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ teaspoonful pepper, a little grated nutmeg, and some fat for frying. Put 3 eggs on in cold water and boil hard for 10 minutes, then cool them in cold water. Put the bread-crums, sausage meat and seasoning into a basin and mix well together with the raw egg. Take the shells off the eggs and cover each with the sausage mixture, roll them in plenty of flour, and fry in smoking hot fat. Make a brown sauce as follows: 1 oz. butter, $\frac{1}{2}$ oz. flour, $\frac{1}{2}$ pint stock, a small piece of onion, also of carrot, pepper, salt, and a little caramel. Put the butter in a small stewpan to brown, then put in the carrot and onion and fry them. Stir in the flour, and when well mixed, add the stock; stir until it boils, then allow it to simmer gently 10 minutes, stirring occasionally. Strain, put it on a meat dish, cut the eggs through the middle, place them neatly on the sauce, and serve.

MAYENNE OF FISH.

Use any kind of cold fish. To 1 tin of salmon put 2 oz. bread-crums or French roll, 1 gill of milk; soak the bread in it, put the salmon in a mortar and pound it; add the bread-crums and 2 eggs with pepper and salt, a little grated nutmeg, and a teaspoonful of anchovy sauce, put in a buttered mould and steam for $\frac{3}{4}$ hour. Serve with anchovy sauce, either hot or cold.

MINCE MEAT FOR SANDWICHES.

Put 3 lbs. of steak into a can with 1 lb. of butter and a little pepper and salt, cover the can closely and set it in a pot of boiling water, let the water simmer from 4 to 5

hours; take out the can and put the meat through a mincing machine, add the gravy and a little nutmeg and ground mace, and a good teaspoonful of anchovy sauce to each 1 lb. meat: mix thoroughly, and if not seasoned enough add more pepper and salt. Press firmly into a basin, as it will then spread better. Be careful not to let any water into the can.

OMELETTE.

Separate the yolks of 2 or 3 eggs from the whites, beat the yolks with a little salt, add a tablespoonful of flour, 2 tablespoonfuls of cream, and a little chopped green parsley, beat the whites of the eggs, and mix all together. Have the frying-pan hot with boiling butter, pour in the mixture. Cook over a slow fire. When set, and a brown colour, roll it over like a pancake, and serve hot. This may be done in a chafing dish.

HAM OR TONGUE OMELETTE.

Mince a little cooked ham or tongue, and fry for 2 or 3 minutes in a little butter; beat the yolks of 6 eggs, with a little pepper and salt, until very smooth and light; then stir in the ham or tongue; put some butter into an omelette pan, and, when it just begins to bubble, stir up the mixture and pour into the pan. Stir with a spoon one way until it thickens and becomes warm; then fold the edges over in an oval form; brown it nicely and serve as quickly as possible, as the lightness of an omelette is spoilt unless it is served immediately. This is a good recipe for chafing dish cookery.

SAVOURY OMELETTE.

Take 6 eggs, beat the whites on a dinner plate to a white snow; beat the yolks with a pinch of salt, a tablespoonful of flour, a tablespoonful of cream; mince a little parsley; add it to the yolks; mix in the whites; put some butter in the frying-pan. When boiling, pour in the mixture. Hold it over a slow fire, at a good distance, until it is set and well risen. Then hold it before the fire to brown. Dish on a napkin. Half this quantity may be used.

YOLKOVA gives the Cakes a finishing touch.

SARDINE SAVOUREY.

Bone and mince small as many sardines as required, add hard-boiled egg chopped fine, a little butter and cream, and a few drops of lemon-juice. Warm all in a stewpan, and serve on small squares of buttered toast.

SPANISH ONIONS.

Peel and slice 4 large Spanish onions. Line a pie-dish with bread-crumbs, then put a layer of chopped onions. Season with pepper and salt, and add a few little bits of butter, then another layer of crumbs, and so on till the dish is full, having the last layer of crumbs. Pour over it a tea-cupful of milk, and bake 1½ hours.

OYSTERS ON TOAST.

Put a cup of milk and a piece of butter the size of a walnut into a saucepan. Moisten a heaped dessertspoonful of flour with some of the oyster liquor, and stir into the milk when boiling. Take 20 or 30 oysters, chop them a little with a knife, stir into the mixture, and when they have had time to warm thoroughly serve on hot (not buttered) toast. Season with salt and pepper.

LITTLE PIGS IN BLANKETS.

Take large oysters, wrap each up in a very thin slice of bacon, and fry very lightly. Serve hot on toast.

POTATO BALLS.

Mash 1 lb. potatoes with cream, $\frac{1}{4}$ lb. grated ham, a teaspoonful of minced parsley, a shallot also minced, $\frac{1}{2}$ teaspoonful each of salt, pepper, and mace; bind all with the yolks of 2 eggs, mould into balls, fry in butter, brown and serve in good brown gravy.

POTATO RAGOUT.

Take 2 oz. lean ham (cooked), 3 oz. cooked potatoes, 1 onion, $\frac{1}{2}$ teaspoon mixed herbs, 2 eggs, pepper and salt. Parboil the onion and chop it and the ham fine. Mix with the mashed potatoes, pepper, salt, and dried herbs. Separate the whites from the yolks of eggs. Add the yolks to the rest of the ingredients. Beat the whites up stiffly and stir in. Drop the mixture by dessertspoonfuls into hot fat and fry a nice brown. Drain on kitchen paper. Serve piled high on a napkin.

STUFFED POTATOES.

Take 6 raw potatoes; peel them and take out most of the inside; fill with mincemeat, chopped parsley, a little butter, salt, pepper, and tomato or other sauce; put in a tin and bake till well cooked and light brown.

POTTED RABBIT.

Half a rabbit, 1 oz. bacon, 1 oz. butter, 4 tablespoons water, 1 saltspoon salt, 1 saltspoon pepper, 1 saltspoon mixed herbs, a little mace and nutmeg. Take the best of the meat off $\frac{1}{2}$ a raw rabbit, free it of skin and sinew, and cut into small pieces. There will be about $\frac{1}{2}$ lb. Put the pieces into a small pan with a well-fitting lid. Add the bacon cut up and the rest of the ingredients. Cover and simmer gently for 4 hours. Pound the mixture with a potato beetle until it is a smooth paste. Press it tightly into a potting dish, pour a little melted butter over the top to exclude the air. Truffles may be put in layers in the potting dish among the rabbit.

RED HERRINGS.

Steep the herrings in warm milk and water for 2 hours, then open each one, and put over the roe a saltspoonful of mustard rubbed into butter; broil them before the fire for 10 minutes, rub well over with butter, and serve on toast.

RICE RISSOLES.

Some mincemeat, a little suet, some cold boiled rice, chopped parsley, salt and pepper; mix well together and make into pear-shaped rissoles. Dip them in flour and milk, then on bread-crumbs and fry. Serve with nice gravy, and a spray of parsley on each.

SALMON RISSOLES.

Use scraps of cold salmon or the contents of a tin of salmon. Remove the bone and skin; mince the salmon finely; add pepper and salt to taste, and some fine bread-crumbs. Moisten with beaten egg, mould into round cakes, and fry in boiling fat. A little finely-chopped parsley may be added.

DEVILLED SARDINES.

Spread some made mustard on the sardines and a little cayenne and salt, and pour a little vinegar over them. Put into the oven or before the fire to heat thoroughly, and serve on hot buttered toast.

SARDINES AND TOAST.

Take 5 or 6 sardines, scrape and bone them; put each on a separate piece of toast and put in a warm place. Then make about $\frac{1}{4}$ pint melted butter, adding a little chopped parsley, and, if liked, a little lemon-juice, and pour this over and serve at once.

BREADED SAUSAGES.

Wipe sausages dry. Dip in egg and bread-crumbs; fry in hot fat a nice brown. Serve hot; garnish with toasted bread and parsley.

SAVOURY BALLS FOR STEWS.

Take $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ onion chopped, 3 tablespoons chopped suet, a tablespoon chopped parsley, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{2}$

teaspoon sweet herbs, if liked. Put the flour into a basin, and mix with other ingredients into a very stiff paste with cold water. Divide into 12 or 14 pieces. Flour them and roll into balls. Drop them into gravy when the stew has been simmering for $1\frac{1}{4}$ hours. Cook for $\frac{3}{4}$ of an hour. The stew requires 2 hours cooking altogether. The balls should not be mixed till the stew has cooked for $1\frac{1}{4}$ hours. Arrange the balls round the dish, and put the meat and gravy in the centre.

DEVILLED SHEEP'S TONGUES.

Skin and split 1 tin or some boiled sheep's tongues, bread-crumb them and fry brown, make a sauce with a little stock or milk; add 1 tablespoonful each of catsup, tomato sauce, Worcester sauce, and mixed pickles cut small; stew 5 minutes, heat tongues through in sauce, and serve.

SWEETBREADS.

Bleach in salt and water for $\frac{1}{2}$ hour; stew in sufficient water to cover for $\frac{3}{4}$ hour; take out, and thicken stock with butter and flour, a little cream or milk; simmer in sauce for 10 minutes; dish; add to sauce the juice of 1 lemon, and pour over.

HAM, TONGUE, OR COLD CORNED BEEF TOAST

Mince the meat; put $\frac{3}{4}$ oz. of butter in a saucepan; add the meat, 1 tablespoonful of milk and 1 of gravy; season with pepper; beat 2 eggs, and stir in until the mixture thickens; then pour on squares of hot toast.

SCOTS WOODCOCK

One teaspoonful Yarmouth bloater paste, 2 tablespoonfuls cream, a piece of butter the size of an egg, the yolk of 1 egg, a little cayenne. Put all into a saucepan over the fire and stir with a spoon briskly till thick. Spread on buttered toast (which should be ready) or fried bread. $\frac{1}{2}$ teaspoonful of anchovy paste may be substituted.

TOMATO HASH.

Butter the dish well, put in a layer of sliced tomatoes, a layer of cold meat sliced thin, then a layer of bread and butter, and so on till the dish is full, seasoning well with pepper and salt and beaten eggs poured over the top. Bake brown.

TOMATOES AND MACARONI.

Take a cupful of macaroni, 1 lb. tomatoes, salt, pepper, a little butter and grated cheese. Cook the macaroni in water till soft, skin the tomatoes, mix well, season to taste, grate cheese on the top, bake 20 minutes.

BROILED WHITING.

Clean, scale, and rub the fish dry, dredge them with flour, broil over a clear fire; then open, take out the backbone, put in a sprinkling of pepper, salt, and a thin slice of butter; close the fish and serve immediately.

ABERDEEN SAUSAGE.

Aberdeen Sausage is a very nice breakfast or supper dish, made according to the following recipe.

1 lb. lean buttock steak, $\frac{1}{2}$ lb. bacon, 2 small teacups
grated breadcrums, 1 dessertspoon Worcester sauce, 1
egg, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper.

Mode.—Beef and bacon finely minced and well mixed; add breadcrums and other ingredients, and lastly, egg. Form all into a roll (not too long), and boil in a floured cloth tied at each end (not too tightly), for 2 hours. When done, cover with crisp breadcrums and serve cold.

BAKED HERRING.

1 tin fresh herring, 1 cup breadcrums, 1 cup milk, 1
egg, pepper and salt. Mix all together thoroughly and bake
in a greased pie dish, a few knobs of butter on top. Bake
in a slow oven for half an hour.

BLOATER PASTE.

3 red herrings (large), 1 egg well beaten, $\frac{1}{4}$ lb. butter, 2 tablespoons milk, a little cayenne. Soak the herrings in boiling water for a few minutes; skin and bone them, mix to a smooth paste (or put through mincer). Place in a saucepan with other ingredients, and boil for 3 minutes. Put away in small covered glasses. This is delicious.

BREAKFAST SNOWBALLS.

Make a batter with the beaten whites of 4 eggs, $\frac{1}{2}$ cupful of sugar, 1 cupful of rich milk, a pinch of salt, and 1 teaspoonful of baking powder sifted with sufficient flour to make a soft batter. Bake in small buttered cups.

TOASTED CHEESE.

Shred some cheese very finely into an enamelled saucepan, in which has been previously melted a small lump of butter; add a dessertspoonful of milk, with pepper and mustard to taste; press with a fork till the cheese has quite melted; be careful not to stir it round, as that makes the mixture stringy and hard. When soft like thick cream, spread on slices of hot buttered toast, and serve at once on a hot dish.

CURRIED EGGS.

Take $1\frac{1}{2}$ oz. butter, 1 oz. flour, 1 small onion, 5 hard-boiled eggs, a small apple, $1\frac{1}{2}$ teaspoons curry powder, and $\frac{1}{2}$ pint of stock. Fry the apple and onion sliced fine to a light brown color in the butter, mix the flour and curry powder smooth with a little of the stock, add it gradually to the apple and onion; then the rest of the stock, stirring all the time. Let this curry sauce cook for about 20 minutes. Slice the eggs, and warm them through in the sauce. Serve hot.

SARDINE EGGS.

Boil 5 or 6 eggs hard. When cold shell them carefully and cut in half. Take out the yolks and mix them with a small tin of sardines and a teaspoonful of vinegar. Fill the whites with the mixture and arrange nicely on a dish.

EGGS AU GRATIN.

Take 6 hard-boiled eggs, shell them, cut them in halves lengthwise, and flake the yolks in a mortar with a tablespoon of butter (melted, but not boiled), a little black pepper, salt, and a tablespoon each of thick cream and white sauce. Then add a teaspoon of anchovy or bloater paste, and fill the eggs with some of the mixture. Butter a fire-proof dish, cover the bottom with the rest of the mixture, arrange the eggs on the dish, sprinkle liberally with finely grated cheese; pour a thick white sauce over the top, and bake in a quick oven.

EGGS WITH KIDNEYS.

Take 3 sheeps' kidneys, a tablespoon of beef dripping, 1 onion, salt, pepper, and 4 eggs. Scald the kidneys, remove the skin, and cut them into thin slices. Put the dripping into a shallow pan, and, when hot, add the onion chopped up. When slightly browned, add the kidneys with salt and pepper to taste. Cook for about 3 minutes, add the eggs separately, and, when firm, serve on a hot dish.

LORNE PUDDING.

Take equal parts of cold fish, finely cut, and mashed potatoes passed through a crusher; add a little salt, pepper and cayenne. Have a little butter and milk warmed and melted; then mix with the fish and potatoes. Place on buttered tin, making the mixture into the shape of a fish, and bake until a nice brown colour. Puts bits of butter over it, and serve with egg sauce poured over it.

HINTS ON STEWING FRUIT.

Prepare fruit, wiping, peeling, coring, etc., as necessary. Make a good syrup, allowing from $\frac{1}{2}$ to $\frac{3}{4}$ lb. sugar to 1 pint water. The syrup should be enough to barely cover the fruit. When syrup is boiling add the fruit, put the lid on the saucepan and simmer gently till the fruit is quite tender. Allow to cool, serve with cream, either plain or whipped, or with custard, blancmange or plain boiled rice.

Dried fruits—as prunes, pears, apples, peaches, etc.—require different treatment.

Wash the fruit carefully, soak over night, or at least several hours, in cold water, allowing 1 quart of water to $\frac{1}{2}$ lb. of fruit. Boil rapidly with lid off the saucepan till the fruit is quite tender, add sugar, cook a few minutes longer. Long soaking and rapid boiling give a flavour like fresh fruit.

Prunes are improved by the addition of a little lemon-juice, which should be added at the same time as the sugar.

Rhubarb requires the addition of a $\frac{1}{4}$ teaspoon of earb, soda and a pinch of ground ginger; add when making the syrup.

Quinces and pears require from 3 to 4 hours cooking. The peels and cores of quinces should be cooked in water till the water colours, then strained and the water used to make the syrup.

Pears should have cloves cooked with them. A little lemon-juice improves the flavour.

SWEET DISHES.

Moulds for jellies must always be wet with cold water before using.

APPLE CREAM.

Take 2 eggs, with the yolks make a custard, and put it in a glass dish; then take $\frac{1}{4}$ lb. of the pulp of roasted apples, and $\frac{1}{4}$ lb. pounded loaf sugar; flavour with a little lemon, and whip well for 20 minutes with the whites of the eggs. Serve as a pyramid surrounded with the custard, or as balls the size of an orange.

APPLE FLOAT.

Take 1 tablespoonful of red apple jelly to each white of egg, and whisk till the mixture is quite light and foamy. Pour a plain custard into a deep glass dish, and pile the mixture over it. Serve with sponge rusk fingers.

APPLE MERINGUE.

Take 12 apples, $\frac{1}{2}$ lb. stoned raisins, 5 oz. sugar, 2 oz. candied peel, 4 eggs, 2 lemons. Stew the apples, and rub them through a hair sieve; put in the raisins, peel, and sugar to taste; turn into a buttered pie-dish and bake in a slow oven for $\frac{1}{2}$ hour, keeping it covered; beat the whites of the eggs into a very stiff froth, with sugar and lemon-juice; lay this on the top in heaps; put it back into the oven till set and of a pale brown. Serve cold with cream or custard.

APPLE SNOW.

Bake 3 large cooking apples, remove the skin and pass the pulp through a sieve. Beat the whites of 2 eggs to a stiff froth, and by degrees add 3 oz. sugar; then add the apple pulp and beat till it is light and soft like snow. Pile it roughly on a dish and serve with whipped cream or custard.

GÂTEAU OF APRICOTS.

One tin of apricots, 1 lemon, 1 gill cream, 3 oz. sugar, 1 oz. gelatine. Soak the gelatine one hour in the apricot juice. Put the apricots through a sieve, add the juice of a lemon, put in bowl over hot water, and stir the gelatine with the sugar into the purée till thoroughly dissolved. Pour into open mould which has been rinsed in cold water. Let it stand some hours. Turn on to a dish, whip cream till stiff, sweeten with sugar and heap in centre.

ARROWROOT CHARLOTTE.

Two tablespoonfuls flour, 3 tablespoonfuls arrowroot, 1 quart milk flavoured with vanilla, 3 or 4 stale sponge cakes. Line a basin with the sponge cakes cut thin and sprinkled with milk enough to damp them. Mix the flour and arrowroot with enough cold milk to make it smooth. Bring the remainder of the milk just to a boil and pour into the mixture. Return to the saucepan, boil a few minutes, stirring all the time, and pour boiling into the mould. When cold, turn out and garnish with jelly or jam.

BANANA CREAM PIE.

Line a pie-dish with a thin layer of pastry, fill with sliced bananas, beat the yolk of 1 egg with one-third cup of sugar, add 1 teaspoonful of orange extract and 1 cup of sweet cream or rich milk. Pour this over the bananas and bake; cover with a meringue made with the whites of 3 eggs beaten stiff, with 3 tablespoonfuls of sugar. Flavour to taste.

BLANC-MANGE.

Dissolve 1 oz. isinglass or gelatine in $\frac{1}{4}$ pint hot water; add 2 oz. sweet almonds blanched and finely beaten with a spoonful of rose water to keep them from oiling; 1 pint cream (or milk, if desired less rich), a little stick of cinnamon, and about 2 teaspoonfuls orange flower water. Sweeten to taste; boil all together, strain through muslin, and stir till almost cold before putting into wet moulds.

CHOCOLATE SHAPE.

Boil 1 pint milk and pour it on 4 or 6 oz. grated chocolate; let it all cook 5 minutes, add $\frac{1}{2}$ oz. gelatine. When this is dissolved, and the mixture is fairly cool, stir in the yolks of 3 eggs, one at a time, and add 1 oz. of sugar and a teaspoonful of essence of vanilla. It may be either poured into a mould and allowed to set, or may be poured into a glass bowl and when set garnished with whipped cream or stiffly-beaten white of egg dusted with grated chocolate.

CALEDONIA CREAM.

Take 2 oz. raspberry jam, 2 tablespoonfuls loaf sugar (sifted), and the whites of 2 eggs; beat well together till very stiff; pile high in a glass dish and serve.

DRYED FIGS, STEWED.

Take a box of figs; remove all remains of stalk; place them in a saucepan and allow the water to quite cover them; soak for a while before placing on the fire; add enough

sugar to make a syrup, and boil very slowly till they are quite soft. Colour the syrup with a little caramel or a tablespoonful of treacle.

FRUIT SALAD (1).

Boil $\frac{3}{4}$ lb. sugar to a syrup with $1\frac{1}{2}$ pints water, and mix into it grapes stoned and skinned, bananas peeled and sliced, melon sliced, plums halved and stoned, or any kind of fruit that is in season; mix it well together, and stand in cool place till required. Serve with cream.

FRUIT SALAD (2).

Fruits in season, bananas, passion fruit, and orange juice, or any other approved combination, cut and sliced according to fancy, sweetened to taste, and served with whipped cream or custard.

GOOSEBERRY FOOL.

Pick 1 lb. green gooseberries; stew them with a little water and $\frac{3}{4}$ lb. sugar till they are perfectly tender; then rub them through a wire sieve, and add them to rather more than $\frac{1}{2}$ pint milk, previously boiled, and in which a dessert-spoonful of condensed milk has been dissolved. (Condensed milk added to milk makes it more like cream, but a proportionately less quantity of sugar must be used. Of course cream is far superior). Gooseberry fool is served cold.

HOOGHLY RICE AND BANANA CREAM.

Colour 3 quarts of water a bright red with cochineal; add a good tablespoonful of salt, and bring it to a boil; then throw in 1 lb. rice; and when cooked, drain and dry carefully so that each grain stands apart while yet retaining its moisture; of this rice you make a border round a glass dish; then place in the centre $1\frac{1}{2}$ a dozen bananas baked.

JELLY.

Soak a sixpenny packet of Swinbourne's gelatine for 1 hour in a cup of cold water; then pour on 4 cups boiling water, 1½ cup sugar, 1 teaspoon essence lemon, a pinch of citric acid; put in the first cup of boiling water a little saffron or cochineal to colour. When cold heap in glasses in spoonfuls, or turn out in a shape.

JAUNE MANGE.

Take 1 quart new milk, 2 oz. sugar, 1 oz. gelatine, 2 or 3 eggs, flavouring. Put the milk, egg and sugar into a saucepan with the gelatine, and stir till it boils; add the flavouring, put into a jug and stir till nearly cold, then put into a mould till firm; turn out on to a dish and serve with fruit or jam. One gill of cream in this is a great improvement.

LEMON JELLY.

The rind of 2 lemons, strained juice of 3, 3 cups of water (4 cups altogether with juice), ¾ lb. loaf sugar, 1 oz. gelatine. Let the rind of the lemons simmer in a breakfast-cupful of water 10 minutes; soak the gelatine in 2 cups water for ½ hour; strain off the lemon rinds, and then add all the other ingredients; let it simmer for a few minutes and skim but do not stir it. Strain, and leave till nearly cold, then pour into a wet mould; let it stand for 12 or in the summer 24 hours.

LEMON SAGO.

Soak 1 cup sago in 3 cups water, add the juice of 3 and the grated rind of 2 lemons, 3 tablespoons golden syrup, 3 tablespoons sugar; boil till quite thick, and then put in a mould. To be eaten cold with cream.

LEMON SNOW.

Boil together ½ teacup of sago, 4 cups water, 1 cup sugar, and the grated rind of 2 lemons. When boiled add the juice of 3 lemons. When nearly cold add the well-beaten whites of 4 eggs. A custard may be made of the yolks.

LEMON SPONGE.

Take $\frac{3}{4}$ of a sixpenny packet of gelatine, dissolve it in as much water as will cover it. Boil the rind of 2 lemons in a pint of water, pour it over the gelatine, strain it through muslin and let it cool but not set; add the juice of lemons, and sugar to taste. Whisk the whites of 2 eggs and $\frac{1}{2}$ lb. sugar. Mix all together, keeping it well whisked for $\frac{1}{2}$ an hour. When it stiffens pile up in a glass dish. Oranges may also be used.

LEMON TRIFLE.

Take 1 large sponge cake (sliced), 1 quart of milk, 3 eggs (whites and yolks separate), 5 large tablespoonfuls of pounded white sugar, 1 lemon (all the juice), and $\frac{1}{4}$ of the rind very finely grated; essence of lemon to flavour the meringue. Slice the cake and arrange it in a deep glass dish, then pour over it a teacupful of hot milk to soak it. Well beat the yolks of the eggs, and stir with them 4 tablespoonfuls of sugar. Heat the rest of the milk, and pour it upon the eggs by degrees, stirring all the time; return it to the saucepan, and continue stirring till it thickens; let it cool a little, add the strained juice of the lemon, and pour over the sponge cake. When perfectly cold heap upon it a meringue made of the whites of the eggs whipped to a stiff froth, sweetened with the other tablespoonful of sugar, and flavoured with essence of lemon and rind. The meringue should be made just before serving.

MERINGUES.

Take $\frac{1}{2}$ lb. pounded sugar, 4 whites of eggs, 1 tablespoon cornflour. Put the sugar into a large basin; make a large hole in the middle, and break into it the whites of the eggs. Stand the basin on the stove and stir well till it becomes lukewarm. When thick enough to form into shapes, drop on a floured tin a tablespoonful for each meringue. Bake about $\frac{3}{4}$ hour in a moderate oven. Then take them out and let them stand about 5 minutes. Then turn them upside down, and put them into the oven with the door open to dry. Keep in a warm place till required.

ORANGE DELIGHT.

Pare 5 or 6 oranges and cut them into thin slices, pour a cup of sugar over them, boil 1 pint milk, add while boiling the well-beaten yolks of 3 eggs and 1 tablespoonful of cornflour (rubbed smooth in a little milk). Stir this constantly till it begins to thicken like custard, then pour it over the oranges. Beat the whites of the eggs to a froth, add a tablespoonful of sugar, put this over the custard and set it in the oven to brown. Two eggs or a tablespoonful gelatine may be substituted for the cornflour. To be eaten cold.

ORANGE FOOL.

The juice of 3 oranges, 3 eggs well beaten, 1 pint rich milk, nutmeg and cinnamon to taste, a little sugar. Stir on the fire till it is as thick as melted butter; do not let it boil; then pour into a glass dish and serve cold.

ORANGE JELLY.

Soak $\frac{1}{2}$ packet gelatine in $\frac{1}{2}$ cup cold water for 1 hour, add $\frac{1}{2}$ cup boiling water, stir till dissolved, add 1 pint orange juice and the juice of 1 lemon, 1 cup of sugar; strain and stand in a cool place to set.

ORANGE AND LEMON JELLY.

Dissolve 1 oz. isinglass in a little water; add the juice of 9 oranges and 3 lemons, with the grated rind of 4 (3 lemons and 1 orange), sufficient to make 1 pint; warm the liquid, and strain over the yolks of 4 eggs, which have previously been well-beaten with $\frac{1}{4}$ lb. sugar; set to cool, stirring occasionally; when cold, add the well beaten whites of eggs, and put in wet mould to set.

PEARS, STEWED.

To each 1 lb. of pears, peeled, but not divided, allow $\frac{1}{2}$ lb. loaf or crystallised sugar, 2 teaspoonfuls lemon-juice and some lemon-peel cut in thin strips, a few cloves, and

a little cochineal. Cover them and let them stew very gently over a very slow fire till they are done, which will be a good many hours.

QUAKING CUSTARD.

Three cups of milk, $\frac{1}{2}$ packet of gelatine, 6 tablespoonfuls sugar, 4 eggs, essence to taste. Soak the gelatine in a cup of the milk for 2 hours, heat the rest of the milk to boiling, add the gelatine, and stir over the fire till quite dissolved. Take off, let it stand 5 minutes, then add the beaten yolks of the eggs and the sugar, beat slowly till it thickens, 7 or 8 minutes, stirring constantly. When nearly cold add flavouring, pour into a wet mould and leave till set. Turn out; have ready the whites beaten to a stiff froth with 3 tablespoonfuls fine sugar, and the juice of a lemon. Heap this round the custard in a glass dish.

RASPBERRY CREAM (1).

To $1\frac{1}{2}$ pints good raw cream allow 1 teacup raspberry jelly or jam, the grated rind and juice of 1 lemon. Put a little pounded and sifted sugar with the cream to keep it from curdling. Mix the lemon-rind and juice with the jam and beat it well together, then add it gradually to the cream, and whisk for a good $\frac{1}{2}$ hour till of a proper consistency

RASPBERRY CREAM (2).

Mix a small cupful of raspberry jam or jelly with 1 pint cream, and strain it into a bowl. Dissolve $\frac{1}{2}$ oz. gelatine in a very little hot water, and when just melted stir it into the cream. Pour the mixture into a mould, set it on ice, and serve when very cold.

RICE AND FRUIT.

Boil $\frac{1}{2}$ lb. rice in 1 quart water for 3 minutes; strain; add $\frac{1}{2}$ pint milk, 2 oz. sugar, the rind of a lemon cut very thin, a small piece of cinnamon and a few cloves. Boil till

tender, stirring carefully. Remove the lemon rind, beat in the unbeaten yolks of 2 eggs, and put in a buttered dish. Boil 2 oz. sugar in $\frac{1}{2}$ pint water for a few minutes; put in the fruit and simmer till tender. Take out the fruit, reduce the syrup, and pour it over. Beat the whites of 2 eggs with 1 oz. white sugar, and a pinch of salt. When stiff, pile over the fruit, and set in a slow oven for 10 minutes. Served in separate dishes.

SAGO JELLY.

One cup sago, 2 cups water, boiled with a lump of citric or tartaric acid till a jelly, sweeten to taste with sugar (about $1\frac{1}{2}$ tablespoonfuls), boil all together. Place in a mould till cold. Serve with whipped cream or jam.

SPANISH CRAMA.

Ingredients: 4 sponge cakes (stale), jam, 1 pint milk, 2 eggs, 1 tablespoon cornflour, 1 dessertspoon sugar, blanched almonds, cinnamon and "hundreds and thousands." Lay the sponge cakes, cut in pieces, in a glass dish with jam; soak with a little milk, repeat till the dish is nearly full. Make a custard with the milk, eggs, cornflour, and sugar. Stick the almonds into the soaked cake, and pour custard over while hot. When cold sprinkle a little cinnamon over and ornament with "hundreds and thousands." Stale rusks, Victoria sandwich, or jam roll may be used.

SPANISH CREAM.

Take 1 quart milk, 2 oz. gelatine, 1 cup sugar, 4 eggs, essence to taste. Soak the gelatine in some milk for $\frac{1}{2}$ hour, then add to it the rest of the milk (boiling); stir over the fire, boil 1 minute, add the yolks of eggs beaten with the sugar, and stir till boiling again, lastly add the whites beaten well. Pour into a mould; when cold, turn out.

STRAWBERRY CREAM.

Rub 1 pint of strawberries through a sieve, add 1 quart whipped cream, $\frac{3}{4}$ lb. of white sugar, and freeze.

SPONGE CUSTARD.

Take 1 pint milk, 2 eggs, $\frac{1}{2}$ oz. gelatine soaked in cold water, 2 tablespoonfuls of sugar, flavour with lemon or vanilla. Heat the milk and stir into the well-beaten yolks and sugar; return it to the saucepan and stir till it thickens. Melt the soaked gelatine by adding a tablespoonful of boiling water and setting it in a vessel of hot water till quite dissolved. Add to the custard, flavour and set to cool. As soon as it begins to congeal, whisk it thoroughly and add to it gradually the whites of the eggs beaten to a stiff froth. Beat it rapidly till spongy, and set in a cold place till quite firm.

TAPIOCA CREAM.

Soak 3 tablespoonfuls of pearl tapioca in 1 cup water over night. Next day put 1 quart new milk and the tapioca into a double boiler and cook over boiling water until soft. Beat the yolks of 4 eggs with $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ teaspoonful salt, add to the cooked tapioca 1 teaspoonful butter and the beaten egg mixture. Cook about 2 minutes, or just long enough to set the eggs. Remove from the fire and add the well-beaten white of 1 egg, and flavour with vanilla and a few drops of almond. Pour into a glass dish. When ready to serve beat the remaining whites of the eggs stiff, with 3 tablespoonfuls of sugar. Flavour with $\frac{1}{2}$ teaspoonful essence of lemon. Put this meringue over the cream in large spoonfuls and decorate with little bits of bright jelly.

TAPIOCA AND COCOANUT CUSTARD.

Soak 3 tablespoonfuls pearl tapioca in 1 cup water over night. In the morning put the tapioca into 1 quart milk and boil until soft. Beat the yolks of 4 eggs and 1 cup sugar together, add 3 tablespoonfuls desiccated cocoanut and stir into the milk. Cook a few minutes longer, and turn into a dish. Beat the whites of the eggs with 3 tablespoonfuls sugar; put it on the top, and slightly brown in the oven. Sprinkle a little cocoanut on the meringue and serve cold.

COLD CUSTARD SHAPE.

One and a half oz. corn flour, 1 pint of milk, 4 yolks of eggs, 1 oz. sugar, vanilla.

Boil the milk and strain in the corn flour, blended with a little of the cold milk. Boil for 8 minutes, stirring all the time. Add the sugar and yolks of eggs. Cook for one moment. Set in a mould rinsed out with cold water. Turn out when cold.

ICE CREAM (1).

Make a custard with $\frac{1}{2}$ pint of milk, the yolks of 2 eggs, a tablespoonful of Swiss milk, and a little sugar; as soon as it gets a little thick, stir it till nearly cold. Then add either essence of vanilla or almonds, or any flavouring wished, and freeze.

Freezing on ice machines consist of a metal pail placed in another pail, much larger than itself. The custard is placed in the middle pail, and chopped ice and salt outside it, the proportion of ice to salt should be double the weight of the former to the latter; then you must churn till it freezes, this sometimes takes only a few minutes.

ICE CREAM (2).

Take a custard made with 2 tablespoonsful of custard powder to a quart of milk; sugar and flavouring to taste, and proceed as above.

JELLIED BANANAS.

Peel 8 or 10 not over-ripe bananas, cut each in slices lengthways, then once across, and lay out flat on a dish. Have ready some melted red jelly, either cherry, orange, or raspberry: pour this over so that the slices are just covered. When cold and stiff, cut out each slice with a border of jelly, and pile them carelessly in a glass dish. They may be garnished with dessicated cocoanut dusted over, or with shredded almonds, previously blanched.

JUNKET.

One quart of milk, warmed slightly, with sugar and flavouring to taste. Add 1 junket tablet dissolved in wineglassful of water (the tablets may be bought at any grocers). Junket should be made about an hour before required, and put aside in a cool place to set.

NORMANDY PIPPINS AND CREAM.

Wash 1 lb. of pippins, and soak them for 2 hours in cold water, to cover. Stew them in the same water with 4 oz. of loaf sugar, and $\frac{1}{2}$ teaspoonful of chopped lemon rind, for half an hour, or until quite tender. A few drops of prepared cochineal will make the syrup a richer colour. When cold arrange on a glass dish, with a lump of whipped cream on top of each. If the cream is stiff enough, half a cherry may be placed upon each. Another method is to dust dessicated cocoanut over the pippins, and serve the cream in a separate dish.

ORANGE SNOW.

Squeeze the juice of 2 large oranges and 1 lemon, and cut a small teaspoonful of the rind into very tiny shreds. Melt $\frac{1}{2}$ oz. of gelatine in $\frac{1}{2}$ pint of water over the fire, pour this into a basin, with 2 oz. of loaf sugar, the strained juice of the fruit, the shreds of rind, and the unbeaten white of 1 egg. Whisk until very white and stiff, then add by degrees about $\frac{1}{2}$ gill of cream or milk, which will make it still whiter. Pile on a glass dish in a rocky heap, and garnish with thin strips of candied orange peel, or shreds from marmalade.

ORANGE SPONGE.

Two oz. corn flour, $1\frac{1}{2}$ pints milk, 4 oz. sugar, 2 oranges, juice and grated rind, $\frac{1}{2}$ oz. butter, 2 eggs.

Mix the milk gradually with the corn flour, put into a saucepan and bring to the boil. Add the butter, the sugar and the yolks of eggs, and boil for 8 minutes, stirring all the time. Stir in the juice and grated rind of the oranges and allow to cool. Beat up the whites of eggs to a stiff froth, and stir lightly through the rest. Bring to the boil again for a moment. Set in a mould and turn out when firm. This may be made also with water instead of milk, and served with whipped cream round the dish.

GATEAU OF PRUNES.

One lb. of prunes, juice of 2 lemons, 1 pint of water, 3 oz. of castor sugar, $\frac{3}{4}$ of an oz. of leaf gelatine, 1 lemon, cochineal, $\frac{1}{2}$ an oz. of pistachio nuts.

YOLKOVA—A few drops go a long way

Wash the prunes, then cook them with the water and sugar till they are quite soft.

Next stone them, put them back in the pan, add the rind and juice of the lemons, the gelatine, and a few drops of cochineal, and boil all from fifteen to twenty minutes; then shell and chop the pistachio nuts, and stir them in. The nuts may be omitted.

Rinse out a border mould with cold water, then pour in the mixture, and leave it till it is set. Turn it out on to a glass dish, and pile whipped cream in the centre if you have used a border mould, or on top if an ordinary one.

CHOCOLATE CUSTARD SHAPE.

Two oz. corn flour, 2 oz. grated chocolate, $1\frac{1}{2}$ pints milk, 2 oz. castor sugar, 3 yolks of eggs, essence of vanilla.

Dissolve the grated chocolate in a $\frac{1}{2}$ pint of the milk. Blend the corn flour with a little cold milk. Put on the remainder of the milk to boil. When almost boiling add the mixed corn flour. Stir vigorously till quite smooth, and add the dissolved chocolate and the sugar. Boil for 3 minutes, stirring all the time. Remove the saucepan from the fire, and add the yolks of eggs one by one. Cook gently for a minute, flavour with vanilla, and pour into a glass dish or a mould rinsed out with cold water. When cold, turn out and serve with whipped cream round the shape.

COFFEE CREAM.

Soak $\frac{1}{2}$ oz. of Swinbourne's gelatine in a $\frac{1}{4}$ pint of milk for half an hour. Stir 2 tablespoonsful of coffee extract with another $\frac{1}{4}$ pint of milk, made quite hot, but not boiled. Mix the two together, then add 3 oz. of castor sugar, 6 drops of vanilla essence, and stir over the fire till dissolved; strain, and finish with $\frac{1}{2}$ pint of whipped cream, or a $\frac{1}{4}$ pint of cream, and the same of milk. Fill the wet mould about $\frac{1}{4}$ full with bright coloured jelly. Let it become quite firm, then pour in the cream carefully. Stand on ice to set, or leave till next day; dip the mould in hot water for a second or two, reverse it on to a glass dish, and the cream should slip out easily.

PUDDINGS AND PASTRY.

Cloths for tying up puddings should be scalded, floured, or both. Basins or moulds must be well greased, also patty pans, pie-dishes, and cake-dishes and tins.

Paste should be made on a cold smooth substance, such as a marble slab, with a light cool hand, and very quickly; much handling makes it heavy. Two or three holes should be pricked with a fork in the cover of a pie to let the steam escape.

A SIMPLE ECONOMICAL CRUST.

Half lb. of fresh, clean dripping (mutton and beef mixed makes a good combination), worked into $1\frac{1}{2}$ lb. of self-raising flour (or less flour if a richer crust is desired) with the finger tips, until almost like bread-crumbs, pour in sufficient water with the chill taken off, and work up lightly into a paste; cut off a small piece to line the edge of the pie-dish, which should first be wetted or rubbed with a little dripping to prevent sticking; roll out the rest to cover the pie.

CLARIFIED FAT.

All pieces of fat not likely to be eaten are best trimmed neatly off before meat is cooked, and put carefully aside to be melted. Fat remaining from cooked joints may also be used. Cut it up into very small pieces, put all into an untinned stewpan, do not put on the lid, cover well with cold water, and bring to a boil. A good deal of scum will rise as it comes to the boiling point. This must be carefully removed. A very moderate heat only must be allowed, as the water is only required to soften the animal tissue that the fat may come out more easily, and to remove impurities. Care must be taken that the fat does not burn; it must be kept over the fire until the scum looks dried up and slightly brown. It will take about 3 hours to render. Draw it away from the fire to cool a little, then pour through a gravy strainer, and set it aside for use.

PUFF PASTE.

Take $\frac{1}{4}$ lb. fine flour, a few drops lemon-juice, small pinch of salt, $\frac{1}{4}$ lb. butter, and a little cold water. Have the flour thoroughly dry and sifted. Put it in a basin and add salt to it. Make a hole in the centre of the flour, squeeze in a few drops of lemon-juice, and mix all into a firm paste with as much cold water as the flour will absorb. Flour the paste-board, turn the paste out on it and work till smooth. Roll into a long strip, and wet the edges with cold water. Squeeze the butter tightly in a clean towel. Put the pat of butter in the centre of the paste, and fold the paste in three over the butter. Set in a cold place for $\frac{1}{4}$ hour. Bring it back, flour the board and roll the paste out, keeping it as square at the ends as possible. Fold it evenly in three again. Turn it round with the rough edges towards you. Roll and fold in three again and put away in cold place for $\frac{1}{4}$ hour. Repeat this rolling and folding twice more. The paste is then ready for use. If to be used for patties, roll it out to one-third inch thick. Cut it into small rounds with a cup dipped in flour, then cut half through the centre of the paste with a cutter two or three sizes smaller. Brush the top with white of egg. Bake the cases from 5 to 10 minutes in a quick oven. Remove the cut centre from each patty, and carefully take out all the moist paste from the inside of the patty-case. They are then ready for filling with oysters, chicken, or anything that may be desired.

ROUGH PUFF PASTE.

Take $\frac{1}{2}$ lb. flour, a few drops of lemon-juice or white vinegar, 6 oz. butter, a pinch of salt, cold water to mix. Dry the flour and sift it on the baking board. Squeeze the butter in a corner of a clean towel to dry it. Put the butter on the board with the flour and chop it up roughly, add a small pinch of salt. Turn the butter and flour into a basin. Make a well in the centre of the flour and butter and squeeze the lemon-juice or vinegar. Mix all into a firm dough with cold water. Flour the board and rolling-pin, turn the paste out on the board. Roll it out into a long strip firmly and evenly. Fold the paste in 3 folds, turn round with

rough towards you and roll out again. Repeat the rolling and folding out three or four times until the butter is well mixed into the flour. The paste is then ready for use. Cover the pie and place it in a quick oven at first to raise the paste. When the paste has risen and taken a nice brown colour, lay a piece of buttered paper over it, and put the pie into a cooler part of the oven to cook the meat. A small beefsteak pie made with $1\frac{1}{4}$ lbs. of meat will take about $1\frac{1}{2}$ hours to bake. Veal and ham take longer. A plainer paste may be made by using $\frac{1}{4}$ lb. butter to $\frac{1}{2}$ lb. flour.

COLD PINEAPPLE PUDDING.

1 oz. gelatine, $\frac{1}{2}$ gill water, 1 small pineapple, 1 oz. sugar, $\frac{1}{2}$ pint double cream. Soak gelatine in water, stir over fire till it melts, cut pineapple into very small pieces, whip the cream, add sugar and pineapple, mix thoroughly with the gelatine, which should be just warm enough to ensure thorough mixing. Turn into plain wetted mould. When set turn out and ornament with crystallized fruits.

SHORT CRUST.

$\frac{1}{2}$ pound flour, $\frac{1}{2}$ teaspoon baking powder, 3 or 4 ozs. butter or good clarified fat or dripping, a pinch of salt, a squeeze of lemon-juice and water. Sift flour, baking powder and salt. Lightly mix in fat with tips of fingers, add water and lemon-juice. Mix into stiff dough, turn out on to floured board, knead slightly and roll out to size and shape required. If for sweet pastry a little sugar may be added.

SUET CRUST.

$\frac{1}{2}$ pound flour, $\frac{1}{2}$ teaspoon baking powder, 4 oz. finely-mixed suet, a pinch of salt, and water to mix into a stiff dough. Mix dry ingredients, add water, turn on to a floured board, knead and roll out to size and shape required. Suet crust is suitable for all boiled puddings. For fruit puddings milk may be used instead of water for mixing. Mutton suet is lighter though not so rich as beef suet.

ALBERT PUDDING.

Take $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. flour, $\frac{1}{4}$ lb. sugar, $\frac{1}{2}$ teaspoon baking powder, 1 egg, a little milk. Beat the butter to a cream; add the sugar, flour, and powder, then the egg and milk; mix well. Steam 1 hour in buttered basin or floured cloth.

AMERICAN PUDDING.

Take $\frac{3}{4}$ lb. flour, $\frac{1}{2}$ lb. finely minced suet, 1 teaspoonful baking powder, $\frac{1}{2}$ pint milk, 1 teacup treacle, $\frac{1}{4}$ lb. stoned raisins. Mix the dry ingredients well together, then add the treacle and milk. Steam in a greased mould from 2 to 3 hours.

APPLE DUMPLINGS.

Take 6 large apples, 1 lb. flour, 6 oz. dripping, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon salt, 2 oz. sugar. Pare and core the apples. Rub the dripping lightly into the flour, baking powder and salt, until it becomes like fine bread-erums; make it into a stiff paste with cold water, and divide into 6 pieces of equal size. Place an apple on each, and fill the centre of the fruit with sugar. Gradually work the paste round the apples until they are completely and evenly covered. When all the dumplings are thus made place them on a greased tin; brush them over with a little milk, and bake them for about $\frac{1}{2}$ hour. Apple dumplings may be boiled instead of baked, in which case use suet instead of dripping. Tie them in separate cloths, scalded or floured, and boil $\frac{3}{4}$ hour.

APPLE OMELETTE.

Take 6 large pippins, 1 tablespoonful butter, 3 eggs, 5 tablespoonfuls sugar, nutmeg to taste, 1 teaspoonful rose water. Stew the apples; beat them smooth. Add the butter, sugar, and nutmeg. When cold add first the beaten yolks of the eggs, and then the well-beaten whites, place in a warm battered baking-dish and bake brown.

APPLE PIE.

Make a puff or simple dripping crust, lay some around the sides of a pie-dish; pare and quarter the apples and take out the cores, cut the apples smaller if preferred, and lay some in the dish with half the required quantity of sugar, a little minced lemon-peel and lemon-juice, 2 or 3 cloves or a little cinnamon, then the remainder of the apples and sugar and a little more lemon-juice; have ready the peels and cores of the apples boiled with some sugar in a very little water and strained; pour the liquor into the pie and put on the upper crust; bake a very pale brown and sprinkle with icing sugar; put no cup in the pie-dish when baking an apple pie. The flavour of a quince is considered a great improvement by some.

APPLE AND RICE PUDDING.

Take 12 medium-sized apples, $1\frac{1}{2}$ cups raw rice. Wash the rice well, and soak it in cold water 2 hours. Peel and quarter the apples. Wet a pudding cloth, and lay it in a colander or cover. Put in two-thirds of the rice; then lay in the apples, packed as closely as possible. Sprinkle over them the rest of the rice; tie up tightly; put into boiling water. Boil 1 hour. Serve with molasses sauce.

APPLE AND TAPIOCA PUDDING.

Take 1 cup tapioca, 3 pints water, 1 cup sugar, 1 teaspoon salt, 1 teaspoon essence of lemon, 3 pints quartered apples. Wash and soak the tapioca over night (3 hours), cook until clear, from 20 to 30 minutes, add the sugar, salt, and lemon; then the apples; turn into a buttered pie-dish, bake $1\frac{1}{4}$ hours. Stand in a cool place for $\frac{1}{2}$ hour. Serve with sugar and cream.

APPLE TART.

Scald some fine, large apples, let them stand till cold, then remove the skins, cores and seeds. Beat the pulp as fine as possible with a wooden or horn spoon, mix the yolks and whites of a couple of eggs, beat all together very fine.

put in some grated nutmeg and sweeten to taste. Melt some good fresh butter and beat it to a cream, make a paste and cover a tin patty-pan with it, pour in the ingredients, but do not cover with the paste. Bake for $\frac{1}{4}$ hour, slip out of the tin on to a dish and strew over it some finely beaten and sifted sugar, or icing sugar.

APPLE TART.

(VERY GOOD.)

Cream $\frac{1}{4}$ lb. each of butter and sugar with 1 egg; mix with $\frac{1}{2}$ lb. flour; roll and make a double edge round pie-dish; bake in moderate oven; when cold, put in the apples, which should have been cooked as dry as possible; whip cream for top. To be eaten cold.

GREEN APRICOT TART.

This is an elegant and delicious dish. Put the apricots into a stewpan with one-third of their weight in fine sugar, and a few spoonfuls of water. Stew gently 15 minutes, or till the fruit be tender; then turn out with the syrup to cool. Make a delicate paste; line the edge of the tart dish; fill up with the apricots, and cover. Bake $\frac{1}{2}$ hour. Ice it and serve hot or cold.

APRICOT GÂTEAU.

One tin apricots, 3 oz. sugar, 1 oz. gelatine, 12 almonds. Take the fruit out of the syrup, measure the syrup and make up to 5 gills with water, soak gelatine in it 10 minutes, add sugar, put on to the fire, and boil 5 minutes; blanch the almonds and shred; arrange fruit in a mould, sprinkle the almonds over it, strain the syrup, pour over, and set; this can be made with fresh fruit, which must be cooked in syrup till tender.

ARROWROOT PUDDING.

Take 4 sponge cakes, 1 pint new milk, $1\frac{1}{2}$ oz. arrowroot, 3 oz. lump sugar, $\frac{1}{4}$ oz. isinglass, 4 eggs, a few drops of flavouring. Cut the cakes in thin slices; sprinkle with a

little milk, and line a plain mould with them. Soak the isinglass 2 hours in milk. Boil the milk, sugar, arrowroot (which has first been rubbed smooth in a little milk), and isinglass. Beat the whites of the eggs to a froth. When the arrowroot is upon boiling point add the whites of eggs, and boil till quite thick, stirring all the time; then pour into the wet mould. Make the yolks of the eggs into a custard, and pour round before serving.

ARUNDEL PUDDING.

Put into a basin 2 oz. butter, and 2 oz. white sugar; beat to a cream and add 2 eggs well beaten, then 1 oz. flour and 6 oz. boiled mashed potatoes, 3 oz. currants, a grate of nutmeg, and 1 oz. chopped candied peel. Steam $1\frac{1}{2}$ hours or bake $\frac{1}{2}$ hour in buttered dish or mould.

AUNT NELLIE'S PUDDING.

Chop finely $\frac{1}{2}$ lb. suet, mix with it $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. treacle, the rind and juice of 1 lemon, a few strips of candied peel, 3 tablespoonfuls cream, and 2 well-beaten eggs. Beat the pudding well; put into a buttered basin; tie down with a cloth, and boil 4 hours.

BANANA FRITTERS.

Peel the bananas an hour before cooking, scrape off any fibre, and divide in half lengthways, squeeze over them a little lemon-juice and a good sifting of castor sugar. Turn them once or twice while soaking. Make some nice fritter batter (see French Pancakes for recipe), dip each piece of fruit into it, and then fry to a golden colour in deep fat. Drain well, arrange on a d'oyley, sift castor sugar over, and serve very hot.

BACHELOR'S PUDDING.

The weight of 1 egg each in minced apples, flour, sugar, currants, bread-crumbs, and suet. Mix the dry ingredients, moisten with the egg and a little milk, and boil from $1\frac{1}{2}$ to 2 hours in floured cloth. Double the quantity should be boiled 3 hours.

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BALMORAL PUDDING.

Take 2 teacups flour, 1 cup sugar, $\frac{3}{4}$ cup of milk, a tablespoonful jam or marmalade, a tablespoonful of butter, 1 egg, $\frac{1}{2}$ teaspoonful baking powder. Beat the butter and sugar to a cream, then beat the egg and add it, mix the powder with flour and add it to the mixture alternately with the milk. Stir in the jam last of all. Put it into a greased mould, cover with buttered paper, and steam 2 hours. Serve with jam sauce.

BARONESS PUDDING.

Take $\frac{1}{4}$ lb. suet, $\frac{1}{4}$ lb. flour, $\frac{1}{4}$ lb. raisins, $\frac{1}{2}$ teaspoon baking powder, a pinch of salt, and a little milk. Chop the suet finely, stone and cut up the raisins; mix thoroughly with flour, adding the baking powder and salt, make into a stiff batter with the milk. Steam in a buttered mould 4 hours.

SCALDED BATTER PUDDING.

Take 4 piled tablespoons flour, 4 eggs, a little salt, and rather less than a pint of milk. Mix salt with the flour and a little cold milk, boil the rest of the milk and pour it gradually into the flour, stirring it with a fork until it is sufficiently mixed. Set it to cool, and in the meanwhile whisk the eggs separately and very thoroughly, and stir them into the other ingredients when they are just warm. Boil $1\frac{1}{2}$ hours in a well-buttered cloth or bowl, leaving room for the pudding to rise. In the mixing no spoon should be used, the mixing being done wholly with a fork. Serve with sauce.

BEDFORDSHIRE PUDDING.

Take 3 oz. lard or good beef dripping, 6 oz. flour, 2 eggs, a tablespoonful sugar, 2 oz. currants, 2 oz. raisins, $\frac{1}{2}$ pint boiling milk. Rub the flour and lard together, and mix into a paste with a little cold water, roll it, and line a greased dish with it. Beat the eggs, sugar, and currants

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together, stir in the milk, pour into the lined dish, and place at once in a hot oven, and bake $\frac{3}{4}$ hour; loosen with a knife and slip it out when done.

BISCUIT PUDDINGS.

Take 2 oz. butter, 2 oz. sugar, 2 eggs, 4 tablespoonfuls flour, $\frac{1}{2}$ pint milk. Beat the butter and sugar to a cream, then add the remaining ingredients gradually in the order named, beating till quite smooth. Bake in well-greased patty-tins 20 minutes.

BISHOP'S PUDDING.

Quarter lb. flour, $\frac{1}{4}$ lb. suet, $\frac{1}{4}$ lb. raisins, $\frac{1}{4}$ lb. sugar, little lemon-peel, 1 teaspoonful carbonate of soda dissolved in a teacup of milk. Mix all the dry ingredients together, the suet being first finely chopped; then mix lightly with the milk and soda. Steam in buttered mould 2½ hours.

BOILED PUDDING.

Take 1 cup each of suet, flour, and bread-crumbs, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup milk and 1 egg, 1 cup of plums, chopped figs or dates. Mix the dry ingredients; melt 1 teaspoonful carbonate of soda in the milk, add the beaten egg, and mix all lightly together. Boil 3 hours in greased mould, or floured cloth.

BRIDAL PUDDING.

Take 5 sweet oranges, 4 eggs, $\frac{1}{2}$ pint milk, 1 teacup sugar, 1 dessertspoon arrowroot. Peel, quarter and remove all pips from the oranges, lay them in a glass dish and sprinkle them with sugar. Make a custard with the yolks of eggs, milk and arrowroot, and pour over the oranges. Beat the whites to a stiff froth, and pile roughly on the top. This should be added just before the pudding is served.

BROOKLYN PUDDING.

Take 3 eggs, 3 cups milk, 3 tablespoons flour, 3 tablespoons sugar, a few drops of essence of lemon. Mix the flour and sugar in a pie-dish. Rub smooth with a little cold milk. Heat the rest of the milk, stir it into the flour and sugar, add the well-beaten eggs, essence of lemon, and bake in moderate oven till lightly browned.

BROWN PUDDING (1).

The weight of 2 eggs in butter and in flour, weight of 1 egg in sugar. Beat the butter to cream, add gradually the flour, then 2 eggs, 1 teaspoon carbonate soda, 2 tablespoons jam. Steam in a buttered mould for 1 hour.

BROWN PUDDING (2).

Take 1½ cups flour, 1 cup sugar, 3 teaspoons jam, 1 tablespoon dripping, 1 teaspoon carbonate soda, 2 eggs, ½ cup milk. Mix well, and steam in a buttered basin for 2 hours.

CABIN PUDDING.

Take 2 cups flour, 3 eggs, 2 teaspoons baking powder, ¾ cup of sugar, 2 tablespoons butter. Mix the flour and baking powder, rub in the butter, add the sugar and eggs. Mix well with a little milk, and steam for 2 hours in buttered basin or mould.

CABINET PUDDING (1).

Butter a basin very thickly and stick it all over with stoned raisins, nearly fill the basin very loosely with macaroons, and throw over the whole a custard. Boil 2 hours.

CABINET PUDDING (2).

Butter a tin mould, line it with sliced ginger biscuits in any design, with preserved cherries in the spaces. Break up some sponge cakes, with 1 oz. sugar, ½ teaspoon essence of almond, 2 unbeaten eggs. Beat with a fork, add ½ pint milk, pour into the mould, cover with buttered paper and steam ¾ to 1 hour. It is done when the centre is firm. Bread-creumbs, mixed with a little melted butter, may be used.

CAKE PUDDINGS.

Mix 2 teaspoons baking powder and ½ teaspoon salt with 2 cups flour. Cream 1 tablespoon butter with ½ cup sugar, add 1 egg well beaten, and 1 cup milk. Stir into the flour mixture and beat well; then turn into small buttered moulds or cups, and steam 1 hour.

CALIFORNIA PUDDING.

1 cup flour, 1 cup bread-crumbs, 1 small cup currants, 1 small cup sultanas, 1 cup moist sugar, 1 teaspoonful carbonate soda, 3 tablespoonfuls dripping, 1 teaspoonful mixed spice. Mix all dry ingredients together, then dissolve the dripping in a cup of boiling water and stir it till all melted. Mix the soda also in a small cup of hot water, stir both these in the dry ingredients and steam in a buttered basin or mould for 3 hours or longer.

CANARY PUDDING.

Three eggs, their weight each in butter, sugar and flour, add a little lemon-peel and nutmeg, mix well together, steam, boil, or bake in small shapes; butter the mould and line it with a few currants. This may also be steamed in a buttered mould 2 hours.

CARAMEL PUDDING.

Take $\frac{1}{4}$ lb. white sugar, and a very little water, put into a saucepan over a slow fire until it is a light brown colour. Turn into a well-buttered tin. Take 3 or 4 eggs, 1 pint milk, 1 tablespoonful sugar and a little grated sponge cake. Beat well as for a custard and pour on to the melted sugar in the tin. Set the tin in a saucepan of boiling water, and steam slowly till set, which will take about $\frac{1}{2}$ hour. Leave till cold and turn out. It looks like a brown cake with sauce over it, and is very good. Flavour to taste.

CARROT PLUM PUDDING.

Take $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. bread-crumbs, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. raisins, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful mixed spice, $\frac{1}{2}$ lb. of grated carrots, $\frac{1}{2}$ lb. of finely-chopped suet; mix all well with a little milk or water, and boil in cloth or basin 2 hours or rather more.

CHEESE PUDDING.

One gill milk, 3 oz. grated cheese, 3 oz. bread, 1 oz. butter, 1 egg, pepper and salt. Cut the bread in small pieces; make the milk and butter warm and pour on the bread. Beat till smooth, add the cheese, pepper and salt, and egg, and mix well; put into a greased pie-dish, and bake in a moderate oven slowly $\frac{1}{2}$ hour.

CHEESE PUFFS.

Half a cup of cream, 2 oz. grated cheese, a small teaspoonful salt, a pinch of cayenne, $\frac{1}{2}$ teaspoonful sugar, 1 teaspoonful butter. Put the cream, cheese, salt, sugar, cayenne, and butter into an enamelled pan, and set it over a kettle of boiling water till it is thick and smooth. Beat 2 eggs and add to the mixture. Line some greased patty-tins with puff paste; fill them with the mixture and bake.

CHERRY PIE.

Make a nice crust and lay a little of it round the sides of a pie-dish, strew sugar at the bottom, then lay in the fruit, and some more sugar at the top; put on the crust, and bake in a moderate oven. Some currants mixed with the cherries are an improvement. A plum or gooseberry pie may be made in the same manner.

CHINAMAN'S PASTRY.

Take 1 lb. flour, $\frac{3}{4}$ lb. finely-minced suet, 2 tablespoons dripping. Mix the dripping with the flour till it is like oatmeal, make it into a paste with water. Add a pinch of salt to the suet, and roll it out $\frac{1}{2}$ inch thick. Place it on the paste and fold over. Roll out as thin as possible, cut into 4 or 5 strips, place on each other and roll out for use,

CHOCOLATE TARTLETS.

Boil a thick stick of chocolate in 1 gill of milk, then stir in 1 tablespoonful of cornflour, made into a smooth paste with cold water. Mix all well and let it cool. Beat up 3

yolks and 2 whites of eggs with 3 tablespoonfuls castor sugar, and stir into the chocolate mixture; add a little butter, a pinch of cinnamon, and a teaspoonful of vanilla essence. Line some party-pans with rough puff paste, fill with the chocolate mixture, put 2 pieces of blanched almond on the top of each and bake. Serve cold on a dessert d'oyley.

CHRISTMAS PUDDING.

Take $\frac{1}{2}$ lb. suet, $\frac{1}{2}$ lb. coarse sugar, $\frac{1}{2}$ lb. stoned raisins, $\frac{1}{2}$ lb. currants, 2 oz. candied peel, a breakfast cup full of flour, a breakfast cup full of bread-crumbs, $\frac{1}{2}$ a nutmeg, a little salt, 4 eggs. Mix all the dry ingredients, add the eggs, beat lightly. Boil in floured cloth 4 or 5 hours, two days running.

LARGE CHRISTMAS PUDDING.

Mix $1\frac{1}{2}$ lb. muscatel raisins, $1\frac{3}{4}$ lb. currants, 1 lb. sultanas, 2 lb. moist sugar, 2 lb. bread-crumbs, 2 lb. finely-chopped suet, 16 eggs, 6 oz. candied peel, 1 oz. ground nutmeg, 1 oz. cinnamon, 1 oz. sweet almonds, and about 2 tablespoons flour. Boil well.

COCONUT PUDDING.

Three oz. desiccated cocoanut, 1 pint milk, 3 oz. sugar, 3 eggs, essence of lemon. Beat the eggs, add the sugar, milk, essence, and cocoanut. Pour into a pie-dish, and bake in a moderate oven about $1\frac{1}{2}$ hours.

COLLEGE PUDDINGS.

Take $\frac{1}{2}$ pint milk, 1 oz. butter, $\frac{1}{4}$ lb. bread-crumbs, 1 oz. sugar, 1 oz. candied peel, 2 eggs. Boil the milk, with a strip of lemon-peel in it, and pour over the bread-crumbs. Beat in the butter and sugar, whisk the eggs, and add them and the candied peel. Pour into greased moulds $\frac{3}{4}$ full. Bake in a moderate oven $\frac{1}{2}$ hour.

CORNFLOUR PUDDING.

Take 1 quart milk (except enough to wet the cornflour), place it in a tin, set it in a pot of boiling water; add the yolks of 4 eggs beaten, $\frac{1}{2}$ cup sugar, 3 heaped tablespoons cornflour rubbed smooth in a little cold milk, and a little salt. Let it boil until it thickens; when it cools flavour with vanilla, pour into a pudding dish until the dish is half full, spread with stewed apples or other fruit, beat the whites of the eggs with $\frac{1}{2}$ cup powdered sugar, flavour with lemon squeezed over the fruit, and bake in the oven till a light brown.

COTTAGE PUDDING.

Two cups flour, 1 cup sugar, $\frac{1}{2}$ cup butter (melted) or dripping, $\frac{1}{2}$ cup milk, 2 teaspoons baking powder, or 1 teaspoon carbonate of soda and $1\frac{1}{2}$ teaspoons cream of tartar, 2 eggs, a little salt; mix the butter and sugar; then add milk and eggs, lastly the flour, powder, and salt. Put in a buttered pie-dish, and bake about an hour. Serve with boiled custard. It may be turned out and split, with jam between. It may also be steamed about $1\frac{1}{2}$ hours.

CUP PUDDING (1).

Take 1 cup each of flour, currants, sugar, suet, and milk, 1 teaspoonful carbonate of soda. Mix the dry ingredients, melt the soda in the milk, then beat all together lightly. Boil 3 hours.

CUP PUDDING (2).

Take 2 cups bread-crumbs, 1 cup each of flour, suet, sugar, raisins, and currants, $1\frac{1}{2}$ teaspoons baking powder. Mix together with milk, water or eggs, and boil for 4 hours.

BAKED CUP PUDDING.

Two eggs, their weight in flour and sugar, 2 oz. butter, 2 tablespoons milk, $\frac{1}{2}$ teaspoon baking powder, and the grated rind of a lemon. Cream the butter and sugar, add the yolks of eggs, beating each in thoroughly, then the milk. Mix the powder with the flour and add. Beat the whites very stiffly, add them last. Put into a basin and bake $\frac{1}{2}$ hour in a hot oven. Serve with lemon sauce.

APPLE PUDDING.

6 cooking apples (medium size), 4 tablespoons sugar, 6 cloves, $\frac{3}{2}$ teaspoon lemon-juice, 6 oz. suet crust. Peel, quarter and slice apples. Well butter a pudding basin and sprinkle with sugar. Make suet crust, using 6 oz. flour, $\frac{1}{2}$ teaspoon baking powder, 3 oz. suet, a pinch of salt, and milk (not boiled) or water sufficient to make a stiff dough. Line the basin with $\frac{2}{3}$ of the suet pastry rolled out very thinly, put in apples, sugar, cloves, lemon-juice, piling high. Cover with the remaining $\frac{1}{3}$ of pastry, pinch edges well, cover with lightly floured pudding cloth and tie very firmly. Boil for $2\frac{1}{2}$ hours. Remove the cloth, turn on to a hot dish and serve. Boiled custard may be served with Apple Pudding.

CURRENT PUDDING.

Two cups flour, 2 teaspoons baking powder, 1 teaspoon salt, $\frac{1}{2}$ cup finely-chopped suet, 4 tablespoons brown sugar, 1 cup currants. Mix well together, add sufficient milk to moisten the dry ingredients, tie tightly in a well-sealed cloth, and boil in plenty of fast-boiling water for at least 4 hours.

BOILED CUSTARD.

One pint of milk, 2 oz. of loaf sugar, 3 whole eggs or the yolks of 4. Flavour to taste with vanilla, etc., or lemon-peel. Put the milk with the sugar and peel on the fire, and when hot, but not boiling, pour in the eggs gently, after they have been well beaten. Pour the mixture into a jug, stand it in a deep saucepan of boiling water, and stir till it thickens. Serve in custard cups.

CUSTARD PUDDING.

Boil 1 pint of milk with a small piece of lemon-peel and half a bay-leaf for 3 minutes; pour carefully on 3 beaten eggs and 1 oz. of sugar. Bake in a pie-dish very slowly for 30 minutes.

DATE PUDDING (1).

Take $\frac{1}{4}$ lb. bread-crumbs, $\frac{1}{4}$ lb. suet, $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ lb. dates. Mix all together with 2 or 3 eggs, and boil for 2 or 3 hours.

DATE PUDDING (2).

Take 12 oz. flour, 5 eggs, 8 oz. butter, 6 oz. sugar, 1 lb. dates (weighed after being stoned). Mix well. Boil in a scalded cloth for 4 hours.

DUCHESS OF YORK PUDDING.

Two eggs, their weight each in flour and butter, the weight of 1 in sugar. Beat the butter to a cream with the sugar, add the eggs well beaten, stir in the flour, then stir in 2 tablespoons raspberry jam or jelly, beat in $\frac{1}{2}$ teaspoon carbonate soda. Butter a mould and put in the pudding, leaving plenty of room to rise, cover with buttered paper, and steam $1\frac{3}{4}$ hours.

DUKE'S PUDDING.

Take 3 eggs, $\frac{1}{2}$ lb. bread-crumbs, $\frac{1}{2}$ lb. suet, $\frac{1}{2}$ lb. sultanas, 3 tablespoons marmalade. Mix well, pour into a buttered mould, and boil 3 hours.

EARL GREY PUDDING.

Four eggs, their weight each in butter and sugar, and that of 3 in flour. Beat the butter and sugar to a cream, add the eggs, and beat well. Sift in the flour. Steam for 1 hour in a greased mould, and serve with sweet sauce. (Beat the butter and sugar very lightly for $\frac{1}{4}$ hour.)

ESSEX PUDDING.

The weight of 2 eggs in butter, powdered white sugar and flour. Mix as for a pound cake, butter a mould, and place a layer of mixture and one of jam alternately till full. Bake 30 to 45 minutes, serve with sauce.

FIG PUDDING.

Take $\frac{1}{4}$ lb. each of suet, bread-crumbs, flour, chopped apples, and dried figs chopped fine, 2 oz. sugar, 3 eggs, 2 oz. candied lemon-peel, 1 tablespoonful treacle. Mix thoroughly, and boil in a buttered basin 2 hours.

FREE KIRK PUDDING.

Two tablespoons each of raisins, currants, sugar, bread-crumbs, ground rice, and flour, 3 tablespoons finely-chopped suet, $\frac{1}{2}$ teaspoon mixed spice, $\frac{1}{2}$ teaspoon carbonate soda, a little candied orange peel, a pinch of salt, and a little milk. Stone the raisins, wash the currants, rub the bread-crumbs quite fine, and chop the suet well; then stir all the dry ingredients well together, and mix with a little milk in which the soda has been dissolved. Boil in a buttered mould or basin for two hours.

FRENCH PANCAKES.

Take 2 eggs, 2 oz. butter, 2 oz. sifted sugar, 2 oz. flour, $\frac{1}{2}$ pint of milk. Beat the butter to a cream, add the eggs well beaten, stir in the sugar and flour, and when well mixed add the milk slightly warm. Beat the mixture for a few minutes, put on buttered plates, bake in a quick oven for 20 minutes. Serve with lemon and sifted sugar or preserves.

FRUIT PUFFS.

Mix 1 pint flour, 2 teaspoons baking powder, and $\frac{1}{2}$ teaspoon salt, then stir in sweet milk till a thick batter is formed. Put a tablespoonful of the batter into buttered teacups until half the batter is used, place on it any kind of canned fruit, preserve, or stewed apple, without the juice; put a spoonful of batter on the fruit in each cup, and steam 20 minutes. Eat with sugar and cream, or make a sauce of the fruit juice.

GELATINE PUDDING.

Pour 1 cup cold water over a packet of gelatine, and add $1\frac{1}{2}$ cups sugar. When soft add 1 cup boiling water, the juice of a lemon, and the whites of 4 well-beaten eggs. Beat all well together until very light, put in a glass dish and pour over it a custard made of 1 pint of milk, the yolks of 4 eggs, the grated rind of 1 lemon. To be eaten cold.

BREAKFAST FRITTERS

Cut some slices of bread $\frac{1}{2}$ inch thick, cut the crust off and soak them in milk; dip them in beaten egg, and fry a golden brown in butter. Sprinkle with sugar and serve hot.

ANZAC PUDDING.

Soak some lemon-rind in $\frac{1}{2}$ pint milk $\frac{1}{2}$ hour; boil, and pour it over $\frac{1}{2}$ lb. finely-sifted bread-crumbs, 3 oz. sugar, and 3 oz. butter; work well, then add 3 beaten eggs. Butter a mould; put in a little of the mixture; then a layer of apricot or other jam, and so on to the top. Cover with buttered paper and steam 1 hour. Serve with a sauce made of 1 tablespoon jam (the same as in pudding), 1 teaspoon sugar, and 4 tablespoons water, boiled for 10 minutes.

GEORGE PUDDING.

Simmer 4 oz. rice in milk till tender, but not broken; drain it; then put into a stewpan 12 middle-sized apples cut in quarters, 1 dessertspoon grated lemon-peel, and 4 oz. sugar, and stew gently to pulp; stir this into the rice, with 2 oz. candied citron shred thin, and the well-beaten yolks of 5 eggs. Butter a mould; then whisk the whites of the eggs to a froth, and mix with the rest, pouring it immediately into the mould, and putting it in the oven. Bake $\frac{3}{4}$ hour; turn it out, and serve with a good custard poured round.

GINGER PUDDING (1).

Take 1 teacup flour, 1 cup bread-crumbs, 1 teaspoon ginger, $\frac{1}{4}$ lb. finely-chopped suet, 1 teaspoon carbonate soda, $\frac{1}{2}$ cup sugar. Mix with a little milk. Boil 3 hours.

GINGER PUDDING (2).

Take 2 cups flour, 2 tablespoons sugar, 1 dessertspoonful ginger, a piece of butter the size of a large walnut, rubbed into the flour, 2 tablespoons treacle, 1 teaspoon carbonate soda, dissolved in a little milk; mix to the consistency of batter; pour into a buttered mould, and steam 3 hours. Serve with sweet sauce or boiled custard.

GINGERBREAD PUDDING.

Take 1 lb. flour, $\frac{1}{2}$ lb. treacle, $\frac{1}{4}$ lb. dripping, 1 tablespoonful moist sugar, 1 teaspoon soda, $\frac{1}{2}$ oz. ginger (1½ tablespoons); mix these into a batter with rather more than $\frac{1}{2}$ pint of milk; put into a basin too large for it, to allow for rising; tie the scalded cloth loosely over it; steam or boil 2 hours. The water must not cover the basin. Serve with sauce.

GLENMORE PIE.

Peel and cut up six large apples, stew with a little water, sugar, cinnamon, and 2 cloves till quite tender, add the yolks of 2 eggs, a small piece of butter, a little nutmeg, and grated lemon-rind, and the juice of $\frac{1}{2}$ lemon; beat all well together and pour into a pie-dish; cover with batter made of a small piece of butter, 1 egg, $\frac{1}{2}$ cup milk, and flour to thicken, with a small teaspoon baking powder. Pour over the apples. Bake a light brown.

GOLDEN PUDDING (1).

Mix $\frac{1}{4}$ lb. bread-crumbs with $\frac{1}{4}$ lb. finely-minced suet, $\frac{1}{4}$ lb. marmalade, $\frac{1}{4}$ lb. sugar; beat 4 eggs to a froth, and moisten the pudding with them; put into a buttered mould, tie down with a floured cloth, and boil 2 hours.

GOLDEN PUDDING (2).

Rather more than half fill a pint mould with fine bread-crumbs, turn them into a basin, and butter the mould. Mix with the crumbs 2 oz. suet and 2 oz. sugar. Lay the dry ingredients in the mould alternately with thin layers of marmalade or any other yellow jam. Beat up 2 eggs, and add to $\frac{1}{2}$ pint of milk. Pour over the mould and let stand $\frac{1}{2}$ hour. Steam $1\frac{1}{4}$ hour.

HALF-PAY PUDDING.

Take 4 oz. each of suet, flour, currants, raisins, and bread-crumbs, 2 tablespoons treacle, $\frac{1}{2}$ pint milk. Mix well, and boil in a mould 4 hours. Serve with sauce.

HELMONICA PUDDING.

Take 1 quart milk, 3 tablespoons cornflour dissolved in a little milk, yolks of 5 well-beaten eggs, 6 tablespoons sugar. Boil 3 or 4 minutes, turn out into a dish for $\frac{1}{2}$ hour. Beat up the whites of the eggs with a small teacupful of sugar, flavour with vanilla. Put on the pudding and bake a nice light brown.

HONEYCOMB PUDDING.

One quart milk, 6 eggs, 2 oz. gelatine, 1 cup sugar. Put milk, gelatine and sugar into a saucepan, dissolve slowly over the fire, stir carefully, then mix in the beaten yolks, watch well and let it come just to the boil; take off the fire at once, and mix in the frothed whites till all is thoroughly blended. Flavour to taste, pour into moulds to set. Soak the gelatine in the milk for 1 hour before making.

HOPETOUN PUDDING.

Take 6 oz. flour, 6 oz. butter, 3 eggs, 1 teaspoon carbonate soda, 3 tablespoons sugar, 6 tablespoons raspberry jam. Mix the sugar and butter well together, add the eggs and jam well-beaten, and lastly the flour. Steam 3 hours.

HYDROPATHIC PUDDING.

Take some thin slices of bread, cut off the crust, dip in cold water, and line with them a well wetted dish. Fill it with stewed fruit of any kind, sweetened. Cover the top with bread, put a weight on it and leave all night. Turn out next day, and serve with custard.

INDIAN FRITTERS.

Three tablespoons flour, the yolks of 4 eggs and the whites of 2. Put the flour into a basin, and pour over it carefully, stirring all the time, enough boiling water to make it a stiff paste. Let it cool, break in the eggs separately,



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and beat all well together. Have some boiling fat ready, drop in a dessertspoonful of batter at a time and fry a light brown. They rise like balls and only take from 5 to 8 minutes. Serve heaped on a dish with jam here and there. This is a very easy and quick dish to make if required in a hurry.

KIRKCUDBRIGHT PUDDING.

(MYSTERIOUS PUDDING.)

Take 2 eggs, the same weight each of sugar, butter, and flour, a tablespoonful of the juice of marmalade. Cream the butter, add the sugar, then the flour, beat the eggs a little and put them in last. Steam in a greased tin for 2 hours. Golden syrup may be substituted for marmalade, and a teaspoonful baking powder may be added, mixed with the flour.

LEMON PUDDING.

Two eggs, 1 cup of sugar, juice and rind of 1 lemon, 2 tablespoonfuls of arrowroot, a piece of butter the size of a walnut. Beat yolks of eggs with half the sugar, add the lemon, and sift in the arrowroot. Stir in a pint of boiling water, use an enamelled basin for the purpose, as if it does not thicken you can place on stove, stirring all the time until cooked, then pour into a buttered pie-dish. Beat up the whites of eggs to stiff froth, adding other half of sugar, pile on top of pudding, then put in cool place in the oven to brown.

LEMON BREAD PUDDING.

Mix 6 oz. bread-crumbs, 4 oz. powdered sugar, 1 tablespoon grated lemon-peel, 4 oz. butter. Simmer for 10 minutes over the fire. Pour out till cold; then stir in 2 tablespoons lemon-juice, the yolks of 4 eggs well beaten, and the whites of 2. Line the edge of a dish with puff-paste, pour in the mixture, and bake $\frac{3}{4}$ hour. Serve with cream and sugar sifted over.

BAKED LEMON PUDDING.

Cut 10 oz. bread in squares, 2 pints of milk, 2 oz. butter, 1 lemon, $\frac{1}{4}$ lb. pounded sugar and 7 eggs. Bring the milk to boiling point, stir in the butter, and pour these hot over the bread-crumbs. Add the sugar and finely-minced lemon-peel, beat the eggs, stir these in, and bake $\frac{3}{4}$ hour.

BOILED LEMON PUDDING.

Take $\frac{1}{4}$ lb. each of flour, suet, sugar, bread-crumbs and sultanas, $\frac{3}{4}$ cup of milk, $\frac{1}{4}$ teaspoonful carbonate soda, 1 egg, 2 lemons. Chop the suet, pick the raisins, mix all the dry ingredients, grate the rinds, and squeeze in the juice of the lemons. Beat up the egg and milk, and stir them in. Grease a tin, pour in the mixture, cover with a paper and steam for $1\frac{1}{2}$ hours.

LEMON PIE.

One cup bread-crumbs, 1 cup sugar, 1 cup water, the yolks of 3 eggs, 1 oz. butter, the juice and grated rinds of 2 lemons. Mix all together and bake in a pie-dish lined with pastry. Beat up the whites of the eggs with 4 tablespoonfuls of sugar and any flavouring you like, till quite stiff. Place on top of the fire after it is cooked, then put into the oven again for a few minutes.

LEMON TART.

One lemon, 1 apple, 1 egg, 1 cup of sugar. Peel and core apple, then chop it and the whole lemon up fine, beat the egg, then add all ingredients together, and beat well. Line your tart tin with nice pastry; put in the mixture, bake in a *moderate oven*, cover with paper if getting too brown. (A slow oven is better than too hot.)

LEMON TARTS.

The juice and grated rind of 1 large lemon, $1\frac{1}{2}$ cups of water, 2 cups of sugar, the yolks of 3 eggs, 1 heaped tablespoon cornflour and butter the size of an egg. Boil the

water, stir in the cornflour (first mixed smooth in a little cold milk) butter and sugar. When cold add the yolks of eggs and lemon. Bake with only an undererust; beat the whites of the eggs with 2 tablespoons of castor sugar; and when the tarts are nearly done spread it over the top, and return to the oven till set.

LITTLE BAKED PUDDINGS.

Take the weight of 4 eggs each in flour and sugar, and of 3 in butter, beat the butter to a cream, add to it the eggs well beaten, and gradually dredge in the flour and pounded sugar, well butter some small cups, half fill them with the mixture and bake till grown. Serve with custard or sweet sauce.

MARLBOROUGH PUDDING.

Four eggs, 4 oz. butter, 4 oz. sugar; mix all together, line a pie-dish with puff-paste, put in a layer of jam and pour in the batter. Bake $\frac{1}{2}$ hour in a moderate oven.

MARMALADE PUDDING (1).

Mix well $\frac{1}{4}$ lb. each of bread-crumbs, sugar, and suet, 3 oz. marmalade, a pinch of salt, add 4 well-beaten eggs. Boil 3 hours in scalded cloth or battered mould. Serve with sauce.

MARMALADE PUDDING (2).

Take $\frac{3}{4}$ lb. bread-crumbs, $\frac{1}{2}$ lb. marmalade, $\frac{1}{4}$ lb. suet, 1 tablespoonful sugar, 1 teaspoonful carbonate soda, a little sour milk. Grate the bread, put it in a basin, add all the other ingredients, moisten with the milk. Boil or steam in a greased basin for 2 hours. Serve with sauce.

MELBOURNE PUDDING.

Take $\frac{1}{4}$ lb. suet, 4 tablespoons raspberry jam, 1 teaspoon baking powder, $\frac{1}{2}$ lb. flour, 1 gill milk, 1 teaspoon carbonate soda. Chop the suet fine; mix it with the flour, powder, and jam; dissolve the soda in the milk. Mix very quickly and boil in a buttered mould 4 hours.

MOCK CREAM PUDDING.

Heat 1 quart of milk. Mix 3 tablespoonfuls cornflour with $\frac{3}{4}$ cup sugar and wet with a little cold milk. Stir into the boiling milk and let it cook slowly 15 minutes. Flavour with vanilla. Beat the whites of 4 eggs till stiff and dry, and stir them lightly into the hot mixture. Remove at once from the fire and turn into a buttered mould, and set away to cool and harden. Make a soft custard with the yolks of the eggs, 3 large tablespoons sugar, a little salt, and 3 cups milk. Cook it until it thickens (if cooked too long it will curdle and be spoilt), flavour with $\frac{1}{2}$ teaspoon almond or lemon essence, and let it cool. Turn the cream into a shallow dish and pour the custard round it.

OLNEY OR URNY PUDDING.

Two eggs, 4 oz. butter, 4 oz. flour, 2 oz. sugar, $\frac{1}{4}$ teaspoon carb. soda, essence to taste, 2 large spoonfuls jam or jelly. Beat the butter to a cream, add sugar, mix with the flour, add the eggs well beaten, dissolve the soda in a teaspoon of cold water, mix well the jam or jelly and essence, then add the soda. Steam in a buttered mould 2 hours. Serve with sweet sauce or cream. Raspberry jam is the best; marmalade or golden syrup may be used.

SWEET OMELETTE (1).

Beat the yolks of 6 eggs with 1 tablespoon cream, 2 oz. sugar, and 2 spoons clear apricot or strawberry jam. Beat the whites to a stiff froth, and mix well before you put into the pan. Fry in butter about 8 minutes, slide into a dish, sift sugar over, and serve immediately.

SWEET OMELETTE (2).

The whites of 2 eggs, the yolk of 1, 1 teaspoon sugar, $\frac{1}{2}$ oz. butter, a little jam, and a few drops of lemon-juice. Beat the whites to a stiff froth; mix the yolk, sugar and lemon-juice, and add the whites to them. Melt the butter in a pan and pour in the omelette. Hold over the fire



Prince of Savouries

(Will make about 3 to 4 dozen Savouries)

INGREDIENTS.—6 oz. "CHAMPION" flour. 4 oz. very firm butter. Salt, pepper and cayenne pepper to suit taste. Cold water. About 2 oz. dry very tasty cheese. Savoury filling.

METHOD.—Sift flour and put about 2 tablespoons of this flour on to paste-board. Cut the butter roughly into the rest of the flour in basin. Add seasoning. Bind to a soft but not a sticky dough with cold water. Roll out thinly. Fold in three. Roll out. Do this three times, using up all the flour on the board. Roll out thinly, sprinkle on finely grated cheese and 1 teaspoon cream of tartar. Roll up like a roly poly, then roll out very thinly. Cut into rounds. Place on cold trays. Bake in fairly quick oven till golden brown and firm. Time, about 10 to 15 minutes. Time depends on thickness of pastry. (Alternatively you can make them thick like those illustrated above but thin ones are easier to eat, though not so decorative.) Do not roll scraps out: just place these on another cold tray and bake the same as round pieces. These scraps will puff up, and give you interesting shapes for decoration purposes. Serve with savoury filling as given over leaf.

SAVOURY FILLING

INGREDIENTS.—1 cup grated tasty cheese. 3 table-spoons milk. About 2 table-spoons finely chopped preserved ginger, nuts, celery or gherkin. Salt, pepper and cayenne pepper.

METHOD.—Soak milk and cheese together for half an hour or longer. Then beat together till very soft and creamy. Add a little more milk if required softer. Add seasoning to suit taste and ginger or any other ingredients. Spread savoury biscuits with this mixture. Have mixture thin enough to spread easily. Decorate by standing up pieces of cooked pastry scraps on top of savoury mixture and sprinkle some crushed scraps on top of all. NOTE.—Use any of your own favourite savoury mixtures instead of above mixture if desired.

* * *

Brettles

INGREDIENTS.— $\frac{1}{2}$ cup castor sugar. $\frac{1}{2}$ cup butter. 1 teaspoon vanilla essence. Finely grated rind of $\frac{1}{2}$ an orange. Finely grated rind of $\frac{1}{2}$ a lemon. 1 egg. 1 teaspoon lemon juice. 1 cup "CHAMPION" flour. About 12 cherries and 2 to 3 oz. nuts chopped.

METHOD.—Beat butter and sugar till creamy. Add egg yolk, essence and rinds, and beat again. Add flour gradually and then lemon juice. Beat till light. Cover and stand till firm. Roll into balls. Roll each ball well in beaten egg white and then in chopped nuts. Put $\frac{1}{2}$ a cherry on top. Put on to a greased tray. Bake in moderate oven (325°); Regulo 3 or 4. Time, 20 to 30 minutes. Store in airtight tins.

without stirring till it begins to stiffen. Brown in front of the fire. The jam must be heated and laid on one half of the omelette (when dished), with the other half doubled over it.

ORANGE OR LEMON SHAPE.

Three eggs, $\frac{1}{2}$ oz. of gelatine, 2 oz. sugar, cup of hot water, rind of a lemon grated, juice of 2 oranges or 2 lemons. Soak gelatine in hot water, whip whites of eggs to a stiff froth, gradually pour on gelatine and water, beating all the time, beat yolks and add flavouring sugar. Pour into a wet mould till set.

ORANGE PIE.

The pulp and juice of 2 oranges, a little of the grated peel, 3 eggs, 1 cup sugar, 1 cup milk. Beat the yolks with the sugar, add 1 tablespoon butter, then the juice, and lastly the milk. Bake in a dish. When the pie is done, set to cool, then spread over it the whites, stiffly frothed and sweetened. Place in the oven again till lightly browned.

ORANGE PUDDING.

Peel and slice 5 large oranges, lay them in a pie-dish and cover with a cup of sugar. Beat the yolks of 3 eggs in 1 tablespoon sugar and 2 tablespoons cornflour, boil in 1 pint milk, and pour over the oranges. Beat the whites with white sugar to a stiff froth and spread it on the cornflour. Bake in a quick oven about 4 minutes. Serve cold.

OMNIBUS PUDDING.

Take 6 oz. each of flour, suet and raisins, 4 oz. golden syrup, $\frac{1}{2}$ pint milk; mix well. Boil in floured cloth $3\frac{1}{2}$ hours. Serve with sauce.

ONE EGG PUDDING.

Take $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. currants, $\frac{1}{4}$ lb. suet, $\frac{1}{4}$ lb. sugar, 1 egg, a little milk, $\frac{1}{2}$ teaspoon carb. soda. Mix dry ingredients, add egg, melt soda in milk, and mix lightly. Steam 4 hours in buttered mould.

PADDINGTON PUDDING.

Take 2 eggs, 4 oz. bread-crumbs, 4 oz. butter, 2 oz. sugar, 2 tablespoons jam, 1 teaspoon carb. soda, 1 tablespoon flour. Beat the butter and sugar to a cream, beat the eggs, mix with the butter and sugar, stir in the bread-crumbs and jam, then the flour (which should be mixed with the soda). Boil in a floured or sealed cloth $1\frac{1}{2}$ hours.

PARADISE PUDDING.

Pare, core and mince 3 apples, mix with them $\frac{1}{4}$ lb. bread-crumbs, 3 oz. sugar, 3 oz. currants, salt and nutmeg to taste, and the grated rind of $\frac{1}{2}$ a lemon. Beat up 3 eggs, add, and beat well. Put the pudding into a buttered basin, tie it down with a cloth, and boil for $1\frac{1}{2}$ hours. Serve with sweet sauce.

PEASE PUDDING.

One pint of split peas, 1 oz. butter or dripping, 1 egg. Soak the peas in cold water overnight, then drain off the water and tie them rather loosely in a cloth, allowing them room to swell. Put them in a saucépan of cold water, boil for $2\frac{1}{2}$ hours, or till they are soft. Then take off the cloth, and rub the peas through a hair sieve. Add to the mixture the butter, egg and seasoning. Dip a pudding cloth in boiling water; flour it, and tie the mixture tightly up like a ball. Put the pudding in a pan of fast boiling water, and boil quickly for an hour. Then take off cloth, and serve on a hot dish.

PLAIN PUDDING.

Two cups flour, 1 cup suet, 1 cup sugar, 1 cup milk, 2 tablespoons raspberry jam, 1 teaspoon carb. soda. Mix dry ingredients, add jam, moisten with milk in which soda has been dissolved. Steam 3 hours in buttered mould.

PLUM PUDDING WITHOUT EGGS (1).

Take 1 cup each of suet, self-raising flour, bread-crumbs, raisins, and currants, 3 tablespoons sugar, 2 tablespoons treacle, 1 tablespoon vinegar, a little ginger and nutmeg, and enough milk to mix stiff. Steam 4 hours in sealed cloth.

PLUM PUDDING WITHOUT EGGS (2).

One cup each of flour, sugar, dried fruit, and boiling water; 1 tablespoon butter, 1 teaspoon carb. soda, a pinch of salt. Mix soda thoroughly with flour, rub the butter through, add the sugar and fruit, and mix well with the boiling water. Allow the mixture to stand overnight, then boil in a cloth for not less than 3 hours. The longer time allowed, the better the pudding will be.

RICH PLUM PUDDING.

One and a half lbs. flour, 3 teaspoonfuls baking powder, 2½ lbs. suet very finely chopped, 1½ lbs. bread-crumbs, 2½ lbs. raisins, 2 lbs. currants, 1½ lbs. sultanas, 2 lbs. sugar, 7 oz. candied peel, 5 oz. almonds, 1½ teaspoonfuls spice, 1 small teaspoonful salt, 2½ dozen eggs, grated rind of lemon. Mix all thoroughly well in the order named. Will make 3 or 4 puddings. Boil at least 8 hours.

PRINCESS MAY PUDDING.

Put 3 oz. each of macaroons, ratafias, and sponge cakes into a bowl, pour over them about ½ pint of boiling cream, beat to a smooth paste. Add the well-whisked yolks of 6 eggs, stir in 3 dessertspoons castor sugar. Bake in a buttered mould 1½ hours, and serve without any sauce.

PUDDING WITHOUT EGGS.

Two teacups flour, 1 cup bread-crumbs, 1 cup minced suet, 1 cup marmalade or any other preserve, 1 cup milk, 1 tablespoon sugar, 1 teaspoon carbonate soda, and a pinch of salt. Mix flour, bread-crumbs, suet, sugar, and salt first, then mix the milk, jam and soda, and add. Boil 2½ or 3 hours in sealed cloth or buttered mould.

CHRISTMAS PUDDING.

1 lb. stoned raisins, $\frac{1}{2}$ lb. sultanas $\frac{1}{2}$ lb. currants, 1 oz. lemon peel, 1 oz. citron peel, $\frac{1}{2}$ nutmeg, 1 teaspoon mixed spice, $\frac{3}{4}$ lb. sugar, $\frac{1}{2}$ lb. butter, 10 eggs, 1½ pints breadcrumbs, 1 breakfast-cup flour, $\frac{1}{2}$ teaspoon carb. soda, 1 teaspoon cream tartar. Beat butter and sugar to cream, add eggs well-beaten, add other ingredients. Mix well and boil 6 hours. Half quantities used, steamed 5 hours make a good pudding sufficient for a family of 6 or 8.

PUFF PUDDING.

Take 2 cups flour, 1 cup sugar, 1 cup suet, 2 eggs, a little salt, 1½ teaspoons baking powder, a little milk. Mix the flour and baking powder together, add the other dry ingredients, then the eggs and milk; mix lightly. Boil or steam 2 hours in buttered basin or mould.

PUMPKIN PIE.

Mix in the following order;—One and one-third cups boiled and sifted pumpkin, 1 cup boiling milk, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon ginger, $\frac{1}{2}$ teaspoon cinnamon, a little less of nutmeg, and 1 egg beaten slightly. Roll out 2 pieces of good pastry, and place one on a baking sheet or tin, and spread equally over it the pumpkin mixture, lay over this the other piece of paste, press the edges together all round. Mark the paste in lines with a knife on the surface to show where to cut when baked. Bake 20 to 30 minutes. Just before the pastry is done brush it over with the white of an egg, sift over pounded sugar, and put it back in the oven to colour.

QUEEN PUDDING.

Take 3 oz. bread or cake crumbs, 1 oz. butter (melted), 4 oz. moist sugar, 2 oz. loaf sugar, 1 pint milk, 2 eggs, and a little nutmeg and grated lemon-rind. Mix the crumbs, moist sugar, nutmeg, and grated lemon-rind with the melted butter. Beat the yolks, add the milk, pour over the crumbs, etc., and bake in a slow oven. When cooked, cover thickly with apples or rhubarb jam and the whites of the eggs beaten to a stiff froth with the loaf sugar. Brown slightly in a cool oven. Serve cold.

QUICK PUDDING.

Take 1 egg, 2 tablespoons sugar, 3 tablespoons flour, 1 teaspoon baking powder, $\frac{1}{2}$ cup milk. Mix and pour into a greased baking tin. Bake in a brisk oven. When turned out spread with jam and fold together.

RAILWAY PUDDING.

Take $1\frac{1}{2}$ teacups of flour, 1 cup sugar, 1 small teaspoon baking powder, 1 or 2 eggs, 1 oz. butter, $\frac{1}{2}$ cup milk. Rub the butter into the flour, add the sugar, eggs well beaten, and milk. Beat well and put in the baking powder. Put into a hot buttered tin and bake 20 minutes. Spread jam over one half and turn the other half over it.

RASPBERRY PUDDING.

Beat $\frac{1}{4}$ lb. butter and $\frac{1}{4}$ lb. sugar to a cream, add 2 cups flour, 2 eggs, $\frac{1}{2}$ tin raspberry jam, $\frac{1}{2}$ teaspoon carbonate soda. Mix all with a little milk, and steam 2 hours.

RICE PANCAKES.

Take 2 oz. cooked rice, 1 pint milk, 2 eggs, 4 oz. flour. 2 oz. butter, some essence of lemon, 1 oz. sugar. Put the flour into a basin, drop in the eggs, mix well, add the milk gradually and the rice. Heat some butter in the frying-pan, drop in 1 tablespoonful at a time. Fry a golden brown, drain on paper, pile on a dish and sprinkle with sugar.

ROTHSAY PUDDING.

Take a cupful each of suet, bread-crumbs and flour, with sugar to taste, and a pinch of salt; mix, adding $\frac{1}{2}$ teaspoon carbonate soda; beat up an egg, mix with a small cupful of milk, and add to it a cup of preserved ginger, cut small, or a cup of raisins stoned, or the same quantity of currants, jam, or marmalade; mix with the other ingredients, and put in last a teaspoonful of vinegar; boil in a buttered mould for 2 hours; serve with sweet sauce.

SAUCER PUDDING.

Two eggs, and the weight of 2 eggs each in flour, butter, and sugar, a little essence. Beat the sugar and eggs together, then add the melted butter, and lastly sift in the flour gradually. Put into 3 buttered saucers, and bake $\frac{1}{2}$ hour. When done turn out, put jam between, lay one on top of another and serve hot.

SOMERSET RICE.

Put into well-boiled rice, a piece of butter the size of a small egg, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ a grated nutmeg, $\frac{1}{2}$ cup currants. Keep the rice hot so that the currants will cook and swell.

SPONGE PUDDING (1).

One tablespoon butter, $\frac{1}{2}$ cup sugar, 2 eggs. Beat well together, then add 1 cup flour, 1 teaspoon baking powder, and a little milk to make the mixture the consistency of batter. Put it in a well-buttered basin and steam 1 hour without once raising the lid.

SPONGE PUDDING (2).

Mix to a paste 1 lb. flour, $\frac{1}{4}$ lb. sugar, 6 oz. butter, 1 cup milk (or rather less), 1 egg, 1 teaspoon soda, 1 teaspoon cream of tartar. Grease a pudding basin well, and line with part of the paste, then fill with stewed fruit, and add a little flour to the remainder of the paste to make it stiff enough to roll out for a cover. Put it on, then cover with a plate, tie a cloth over and boil 2 hours.

SOUTHPORT PUDDING.

Take 6 oz. bread-crumbs, 6 oz. sugar, 1 teaspoon baking powder, 3 oz. suet, 1 oz. lemon-peel or raisins, 6 oz. apples, a pinch of salt, a little nutmeg and 2 eggs. Mince the apples, suet, and peel very finely. Mix in the order named, and add a little milk if required. Steam 2 hours.

SULTANA PUDDING.

Butter a pint mould, line it thickly with sultanas, fill it up with slices of fresh bread. Shred 1 oz. suet finely, and sprinkle over each slice, fill up the mould with a custard made of 2 eggs and $\frac{1}{2}$ pint milk, a little sugar, flavoured with a little vanilla or lemon essence. Steam or boil $1\frac{1}{4}$ hours. Serve with sauce.

SUMMER PUDDING.

Soak $\frac{1}{2}$ box of gelatine in 1 large cup water, take 1 pint milk, 1 cup sugar, 4 eggs. Beat the yolks and sugar, and stir into the milk while boiling; let this cook until nearly as thick as custard, then add the gelatine when nearly cold, add the whites of eggs, whipped to a stiff froth, and flavour with vanilla; pour into a mould and turn out when cold. It is better made the evening before.

ST. LEONARDS' TARTLET.

Half fill a pie-dish with nicely stewed apples. Cover with bread-crumbs, sugar, and desiccated cocoanut, in the proportion of 1 cup of bread-crumbs to $\frac{3}{4}$ cup of cocoanut, and $\frac{1}{4}$ cup of sugar. Moisten with some of the apple juice and spread a very little butter on top. Bake to a golden colour in a moderate oven.

TRIFLE.

Six small sponge-cakes, 12 macaroons, 2 dozen ratafias, 2 oz. sweet almonds, raspberry jam. Cut the sponge cakes in half and spread with jam, place them in a deep bowl with the macaroons and ratafias, pour over sufficient milk to soak them, then pour over them a rich custard flavoured to taste. Lay over the top of the trifle whipped cream or white of egg ornamented with the almonds blanched and cut into strips, candied cherries also if liked.

THATCHED PUDDING.

Take 3 oz. butter, 2 dessertspoons flour, the peel of 1 lemon, $\frac{1}{2}$ pint milk, 4 eggs, some preserve, a few sweet almonds, sugar to taste. Melt the butter, mix the flour smoothly with a little cold milk, and pour over it the remainder of the milk boiling hot, add the sugar, melted butter, and grated lemon-peel, and mix all well. When cool stir in the yolks of the eggs well beaten, and add the whites whisked to a stiff froth and stirred into the pudding the last thing before putting into the oven. Bake 20 minutes. When done turn out of the dish and spread some preserve on it.

TREACLE PUDDING.

Take 1 cup flour, 2 tablespoons sugar, 1 teaspoon salt, 1 teaspoon carbonate soda, 1 large teaspoon ground ginger, 2 tablespoons butter or beef dripping, 2 tablespoons treacle, 1 cup of milk. Mix all the dry ingredients; rub in the butter; then add the treacle, and lastly the milk. Steam in a buttered mould 2 hours. To be eaten with custard or sweet sauce. The same receipt is very good made with fruit and a little peel, omitting the treacle and ginger, and adding a little more sugar.

TREACLE SPONGE.

Take 3 cups flour, $\frac{1}{2}$ lb. suet, 2 teaspoons baking powder, 1 cup treacle, 1 teaspoon powdered ginger; mix well together, and if too stiff add a little milk. Boil 3 hours in buttered mould and serve with sweet sauce.

UNCLE TOM'S PUDDING.

Take $\frac{3}{4}$ lb. flour, $\frac{1}{4}$ lb. suet or dripping, 2 tablespoons brown sugar, 1 teaspoon ginger, 1 teaspoon carbonate soda, 1 teaspoon mixed spice, $\frac{1}{2}$ lb. treacle. Melt the treacle in a little milk, mix stiffly. Boil from $2\frac{1}{2}$ to 3 hours in buttered mould. Serve with sweet sauce.

VANILLA CREAM PUFFS.

Mix smoothly 2 oz. flour with $\frac{1}{2}$ pint milk and $\frac{1}{2}$ pint cream, 2 oz. butter beaten to a cream, 4 oz. white sugar, 6 eggs, and 1 teaspoonful vanilla essence. Line some buttered moulds with puff paste, fill $\frac{3}{4}$ full with the cream, and bake $\frac{1}{2}$ hour.

VICTOR TARTS.

Take 6 oz. flour, 4 oz. butter, 3 oz. sugar, 4 oz. almonds, the whites of 2 eggs, 2 tablespoons apricot jam. Place on a board the butter and flour and 1 oz. sugar. Mix till the mixture looks like bread-crumbs. Moisten it with a very little cold water—about 2 tablespoons. Knead it lightly together, and roll it out about one-third inch thick. Cut from it 12 small rounds, and line with them some small buttered patty-tins. Place a piece of bread in the centre of each, and bake them in a brisk oven 15 minutes. Take out then the pieces of bread, place in an equal quantity of jam. Blanch the almonds, and brown them to a pale brown in the oven, then chop them finely. Whip to a very stiff froth the whites of eggs, and mix very lightly with them the remainder of the sugar. Mix in them lightly the almonds, and place an equal quantity of this mixture over the jam. Bake in a moderate oven 5 or 10 minutes.

N.B.—After the whites of eggs, sugar, and almonds are placed on top the tarts must be put in the oven at once.

VICTORIA PUDDING.

Take $\frac{1}{4}$ lb. each of sugar, butter, and flour, $\frac{1}{2}$ lb. stoned raisins, 2 eggs. Beat the butter to a cream, add the sugar, the yolks, then the whites of the eggs well beaten, add the flour, then the raisins. Mix thoroughly, and boil 3 hours in a buttered mould.

WATER PUDDING.

Take 2 cups flour, 1 cup sugar, 1 cup sultanas or currants, a tablespoonful of citron or lemon-peel chopped fine, a teaspoon mixed spice, $\frac{1}{2}$ teaspoon salt; mix dry.

Then put 2 tablespoons dripping or butter in a large breakfast cup, and fill the cup with boiling water. Take another cup of cold water with 1 teaspoon carbonate soda dissolved in it. Mix these with the dry ingredients. Let them stand overnight or longer. Boil in buttered mould 4 hours.

WEBSTER PUDDING.

Put $\frac{1}{2}$ lb. raisins, $\frac{1}{2}$ lb. currants, 2 oz. chopped lemon peel, $2\frac{1}{2}$ cups flour, and 2 cups sugar, into a basin. Then take $\frac{1}{2}$ teaspoon carbonate soda dissolved in $\frac{3}{4}$ cup cold water, and a dessertspoon of beef dripping in 1 cup boiling water. Take one in each hand, and pour together into the dry ingredients. Mix well, tie loosely in a scalded and floured cloth, and boil 3 hours.

WRABNESS PUDDING.

The weight of 2 eggs each in flour, butter, and brown sugar, 1 teaspoonful baking powder. Mix the eggs and butter well-together, then add the remaining ingredients. Add a little milk to soften, and boil in a buttered basin tied up tightly for $1\frac{1}{2}$ hours.

SWISS APPLE PUDDING.

Prepare some apples as for a pie, and put a layer of them in a buttered dish. Cover with breadcrumbs, a little sugar, and a few small pieces of butter. Repeat this until the dish is full and bake till well browned. When finished, turn it out of the dish and sprinkle with white sugar.

APPLE PUDDING.

Stew 6 apples and sweeten. Put into a dish with custard mixture on top, and bake a very light brown.

BREAD PUDDING.

Take light white bread and cut it into thin slices. Put into a pudding shape a layer of any kind of preserve desired, then a layer of bread, and repeat until the mould is nearly full. Pour over all a pint of warm milk in which

four beaten eggs have been mixed; cover over with a piece of linen, and place in a saucepan with a little boiling water. Let it boil 20 minutes, and serve with pudding sauce.

DATE PUDDING.

Foundation mixture for all suet puddings:—2 oz. of suet (or nut suet), 2 teacupfuls of flour, $\frac{1}{2}$ a teaspoonful of baking powder, a pinch of salt, $\frac{1}{2}$ a lb. of dates.

Chop the suet and add to the flour. Add baking powder and salt. Stone and chop the dates. Add to the mixture. Make a stiff paste with water or milk. Grease a basin, and put mixture in. Cover with greased paper. Put in a saucepan of boiling water. Water must come only half-way up the basin. Steam slowly for an hour and a half.

HOLMWOOD PUDDING.

Soak 2 tablespoonsful of gelatine in a little cold water; stir into it 2 teacups of boiling milk, adding 5 tablespoonsful of sugar, and stir until the gelatine is dissolved. Have the yolks of 2 eggs well beaten and stir into the milk, etc., while hot, then add juice of lemons to taste. Strain into wet mould.

MACARONI PUDDING.

Break 3 oz. of macaroni into 1 in. lengths, put these into a saucepan with plenty of boiling water, and boil uncovered for twenty minutes. Drain off the water, and pour on a pint of milk, add 2 oz. of butter, and sugar to taste. Boil again till the macaroni is tender, but not pulpy. Let the mixture cool, well beat 2 eggs, add a seasoning of nutmeg, and stir them lightly into the macaroni and milk. Pour into a greased pudding dish, and bake in a moderate oven till firm, and of a pale brown colour.

ORANGE PUDDING.

Take 2 oranges, 1 lemon, 3 oz. suet, $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. treacle, 1 teaspoon soda, and 2 tablespoons of brown sugar. Grate the rind of the oranges and lemon, and mix this with the sugar, suet, flour and soda. Heat the treacle, add the juice of the lemons and oranges, mix well together, and boil for three hours in a well-buttered mould.

QUEEN'S PUDDING.

4 tablespoons flour (heaped), 2 tablespoons sugar, 4 eggs, 3 pints milk, small quantity jam.

Separate yolks from whites, and beat them with the sugar; mix the flour and a little of the milk smoothly, and add to the yolks; bring the milk to boiling point, and pour it over the mixture, and pour all into the same pan and boil for 5 or 6 minutes, stirring well all the time. Pour into a pudding dish, and leave until quite cold, then spread evenly over it a very thin layer of jam. Whisk whites of eggs to a stiff froth, and place on top. Put into the oven for a minute or two just to dry the top, but do not let it remain in the oven long or it will be spoilt.

BOILED SAGO PUDDING.

4 teaspoons sago, 1 cup breadcrumbs, 1 cup sugar, 1 cup milk, 2 teaspoons butter, 1 teaspoon soda, 1 cup sultanas, 1 dessertspoon flour.

Soak sago for 1 hour, then melt butter and mix all together. Steam for 3 hours, and serve with boiled custard.

SAUCES.

APPLE SAUCE.

Peel and quarter some apples, carefully removing the cores. Place in a stewpan, with sufficient water just to moisten them and prevent them sticking. When sufficiently tender, beat them into a pulp with a fork. Add a small quantity of sugar, a few strips of lemon-peel, and a few cloves. Apple sauce is generally eaten with roast goose, duck, and pork.

ASPARAGUS SAUCE.

Clarify or melt a lump of butter, and flavour with a little lemon-juice and cayenne pepper. Serve in a tureen.

YOLKOVA for Puddings, Cakes, Custards, Blanc-mange, etc.

BREAD SAUCE.

FOR GAME OR ROAST FOWLS.

Boil a good-sized onion with some whole pepper till the onion is very soft. Beat it quite to a pulp, having taken out the pepper. Throw boiling milk on about 2 cups of crumbled bread, add a piece of butter the size of a walnut, and the onion, beat up with salt and cayenne to taste. Warm again before serving. Some people like a little nutmeg or lemon flavouring.

BROWN SAUCE.

Take $\frac{1}{2}$ pint milk, 2 tablespoons sugar, 2 tablespoons treacle, 1 tablespoon butter, 1 tablespoon flour. Make like butter sauce.

BUTTER SAUCE.

Mix 1 oz. flour in 4 tablespoons cold water. Stir it into $\frac{1}{2}$ pint fast-boiling water, add a pinch of salt, boil up, then break in 1 oz. best butter, and when it is melted the sauce will be ready.

CAPER SAUCE.

Take 1 oz. flour, 1 oz. butter, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ pint water, 1 tablespoon capers, 1 teaspoon caper liquid, pepper and salt. Put the butter and flour into a pan, rub them together over gentle heat; then add milk and water, a little at a time, stirring carefully. Stir the sauce one way till it boils and thickens. Allow the sauce to boil 2 or 3 minutes. Add the capers (chopped), the liquid, pepper, and salt. Serve the sauce at once, as it must neither boil nor stand after the capers and liquid are added or it will curdle. If relished, 1 tablespoon cream may be stirred into the sauce just before serving.

CHERRY SAUCE.

Take 1 lb. sound ripe cherries, wash and stone them. Blanch the kernels and put them in a saucepan with just enough water to cover them, and let them simmer gently

until the flavour is thoroughly extracted. Put the cherries into a saucepan with a pint of water, 4 cloves, a slice of bread toasted, and a little sugar. Let all stew gently until the fruit is quite soft, then press the whole through a sieve. Add the liquid from the kernels, boil up once more, and serve. Time, $\frac{3}{4}$ hour; sufficient for 1 pint sauce.

FOAMY SAUCE.

Beat $\frac{1}{2}$ cup butter to a light cream; add 1 cup granulated sugar, and stir till very white. Just before serving pour on 1 cup boiling water, and stir it rapidly for 2 minutes.

JAM SAUCE.

One dessertspoonful cornflour, 1 cup cold water, 1 tablespoonful sugar, 1 tablespoonful jam or marmalade. Mix the cornflour and sugar, then stir in the water; stir till it boils, then add the jam. Allow this to boil, and then strain round the pudding.

LEMON SAUCE (1).

One small teaspoon arrowroot, 1 tablespoon sugar, 1 teacup cold water, the juice of 1 lemon, a few drops of carmine. Put the sugar and arrowroot in a pan, and mix together. Add cold water and lemon-juice, and stir until it boils. Add the carmine; then pour over and round the pudding.

LEMON SAUCE (2).

Mix $\frac{1}{2}$ cup of sugar and 1 tablespoon cornflour or arrowroot with a little cold water. Stir in carefully 1 cup boiling water and cook 10 minutes, stirring often. Add more boiling water if too thick. Stir in the grated rind and the juice of 1 lemon, and 1 tablespoon butter, remove to the back of the stove, and stir in quickly the well-beaten yolk of 1 egg. Beat the white very stiff, and put it in lightly, leaving parts of it in little lumps, which gives a very pretty effect.

MAYONNAISE SAUCE.

Put the raw yolks of 2 fresh eggs into a deep basin and beat them 1 or 2 minutes. Add 1 large saltspoon mustard, and work this well into the eggs, next add 1 large tablespoon white vinegar, and mix thoroughly. Then, gradually, 1 cup cream, then salt and pepper to taste, and the sauce is ready for use. For chicken mayonnaise garnish with hard-boiled eggs and cress or lettuce.

MELTED BUTTER SAUCE.

Put a tablespoon of flour into a small saucepan, mix carefully with a little water or half milk and water, until you have a cupful; cut into it some small pieces of butter, about 2 oz., stir rapidly round (always turning it the one way or the butter will oil), till well mixed, keep shaking and stirring round till it boils; it is then ready for serving. For fish a little salt and pepper should be added.

MUSHROOM SAUCE.

Pick out the stems, skin them, and also the mushrooms; cut all up small and wash them, put them into a saucepan and cover with water, let them stew gently until soft, when they will yield a fine, rich gravy; then stir in a lump of butter kneaded into a little flour to thicken it, and season with pepper and salt.

MINT SAUCE.

Put 1 tablespoon very finely-minced mint into sauce tureen, add 1 tablespoon boiling water, 1 tablespoon sugar and 2 tablespoons vinegar. Mix well. Allow to stand 30 minutes, stir well and serve with roast lamb.

EGG SAUCE.

2 hard-boiled eggs (whites only), $\frac{1}{2}$ pint milk, 1 oz. butter, $\frac{1}{2}$ oz. flour, salt to taste. Melt butter and stir in flour; when smooth add milk and stir while boiling, simmer 5 minutes, add whites of eggs, cut roughly into rather small pieces, salt to taste, add pinch of cayenne pepper and serve either in sauce boat or poured over the fowl or fish it accompanies. If poured over, the yolks may be lightly grated on top.

ONION SAUCE.

Peel a few onions, and boil in plenty of water till perfectly soft, strain, chop very fine, season with pepper and salt, and stir into melted butter according to recipe in preceding page.

ORANGE SAUCE.

Make a pint of cornflour with water, sweeten to taste, then add the juice of 3 and the rind of 1 orange; let it come to the boil, and strain.

OYSTER SAUCE.

Simmer the oysters in their own liquor till they are plump, strain off the liquor through a sieve, wash the oysters clean and beard them; put them into a saucepan and pour the liquor over them, being careful not to put in any of the sediment; add a $\frac{1}{4}$ of a lemon, a blade of mace, a spoonful of anchovy mixture, and a bit of horseradish; boil up gently, remove the horseradish, mace and lemon, squeezing the juice of the latter into the sauce; add some thick, melted butter (according to recipe); toss all together and boil up.

PARSLEY SAUCE (1).

Pick and wash a handful of parsley, tie up and throw into boiling water for a minute or two, cut away the stalks and chop very fine, stir into the melted butter as on page 110.

PARSLEY SAUCE (2).

Boil 1 pint water, throw into it 1 tablespoon fine minced parsley, and $\frac{1}{2}$ teaspoon salt; then add 2 oz. flour mixed smooth in 1 gill cold water. Stir over the fire until it thickens, break into it 1 or 2 oz. butter, and as soon as it is melted serve the sauce. This may also be made with half milk.

in cold water to preserve the colour, and boil them in the syrup till transparent, but be careful not to break them. Put the pieces into jars, pour the syrup over, and cover at once.

TO BOTTLE FRUIT.

Allow $\frac{1}{2}$ pint of water to every pound of fruit, $\frac{1}{2}$ lb. sugar to every pint of water. Make a syrup of the sugar and water, and let it boil for 5 or 10 minutes. Then put the fruit in and simmer gently until quite soft. Have ready the jars (which must be airtight), stand on a damp cloth, put in a little syrup, then fill up the jar with fruit, cover with the syrup, and pass a knife round the inside to allow air bubbles to escape. Close down, and keep in a cool place until wanted. Peaches, pears, and quinces should be peeled, and the cores boiled in a piece of net in the syrup.

CHERRY BUTTER.

Boil the cherries till soft, then rub through a colander. To each pint of pulp add a pint of sugar. Boil slowly and carefully till thick, stirring often. Can or keep in closely-covered jars. Other fruits may be cooked in the same way.

COCOANUT JAM.

Grate several cocoanuts, weigh an equal quantity of sugar; make a syrup of the sugar, add the cocoanut, and boil till it thickens.

GRAPE JELLY.

Wash the grapes and free them from the stems. Put them in the preserving pan, and mash them until all are broken. Heat slowly and cook until the juice is well drawn out; then place a square of cheese-cloth over a colander, and set the colander over a bowl, turn in the grapes, and let it drip without any pressure. Measure the juice and

allow an equal measure of sugar. If wild grapes are used, allow a little more than an equal portion of sugar. Boil the juice 15 minutes; skim and strain again; then add the sugar, and boil until the surface looks wrinkled and the liquid jellies on the edge. Skim well and turn into glasses.

MARMALADE (1).

This may be made altogether with Seville oranges, or with half Seville and half sweet oranges, or with 3 lemons to 12 Seville oranges, or with half sweet oranges and half lemons, or with half citrons and half lemons, or with lemons alone. Slice the fruit very thinly, without peeling, only taking out the pips. To each 1 lb. of sliced fruit allow 3 pints water and 3 lbs. sugar. Soak the fruit in the water for 48 hours, then boil for 2 hours, or less if the peel be tender; then add the sugar, and boil about an hour, or till the fruit looks bright and clear and the syrup jellies on a plate. If no lemons are used, add a teaspoonful of citric acid before dishing.

MARMALADE (2).

Six Sevilles, 6 lemons, 12 lbs. sugar, 5 quarts water. Peel the lemons thin and shred the rind very finely, and put aside in salt and water. Cut up the Sevilles fine just as they are, also the fruit of the lemons, after taking off all the pith and removing all seeds; then add the 5 quarts of water. This is all done over-night. In the morning pour the water off the lemon rind, and add the rind to the rest of the fruit, and boil all quickly for about an hour without sugar, then add sugar and boil quickly for 40 minutes or an hour. It looks thin, but soon jellies.

MELON JAM (1).

Peel and cut your melon into small pieces, strew sugar over it and leave it all night. To every 1 lb. of fruit add $\frac{3}{4}$ lb. sugar, the rind and juice of a lemon to every 5 lbs. melon, also 2 oz. green ginger, peeled and sliced very thin. (Green ginger may be procured at the Chinamen's shops in Lower George-street, Sydney.)

MELON JAM (2).

To 18 lbs. of fruit allow 12 lbs. sugar, a large cup of lemon-juice, the rind of 3 lemons, 1 oz. bruised ginger. The lemon-rind and ginger to be tied in a muslin bag. Cut the melon in square pieces, having removed all seeds and rind, and leave it to stand all night, with a little sugar sprinkled over it. In the morning boil for 4 hours, or until quite transparent.

CITRON MELON JAM.

Take 21 lbs. of citron melon, cut into dice, 21 lbs. of sugar, 3 jars (1 lb. each) of preserved ginger, juice of 8 lemons. Stew the melon over-night with 8 lbs. of sugar. Place a half-crown at the bottom of the preserving pan with the juice of the lemons, then add a layer of the melon, then of sugar, until you have the whole quantity in the pan; then put the ginger cut in pieces on the top. *Do not stir at all.* Take off the fire when quite transparent and of a clear golden colour. Time, about 5 hours.

CRYSTALLISED MELON JAM.

Take $\frac{3}{4}$ cup unslaked lime and mix it in 2 gallons of boiling water. Let it soak some hours, then pour off. Cut up 14 lbs. of melon in inch pieces, and let it soak all night in the lime water. In the morning pour off the lime water and put the melon on to boil, with 3 gallons of plain water and 9 cut-up lemons (oranges may be substituted); let it boil 2 hours, add 11 lbs. white sugar, and boil 3 or 4 hours more. If it gets too thick add more boiling water.

ROCK MELON JAM.

Six lbs. rock melon, 6 lbs. of the firm part of a sugar melon, 6 lbs. sugar. Cut up the fruit, sprinkle it with about 1 lb. sugar to draw out some of the juice before putting it on the fire. Boil for 3 hours, add the rest of the sugar and boil 1 hour longer.

MELON AND PINEAPPLE JAM.

Take 4 lbs. of the firm part of a sugar melon, 2 lbs. pineapple, 3 lbs. sugar. Boil the fruit 3 hours with half the sugar, add the rest of the sugar and boil for 1 hour longer.

MELON JELLY.

Take a long melon, peel it and take out the seeds. Cut into pieces and set the fruit on to boil with a little water at the bottom of the pan, also 6 lemons (peeled). Boil until quite soft, put into a jelly-bag of cheese-cloth, let it drip all night. Next day measure the juice. To each cup of juice add a full cup of sugar; boil until it jellies.

NECTAR.

Two lbs. sugar, 3 pints boiling water, 2 oz. tartaric acid, 1 dram essence of lemon, 1 dram spirits of wine. Put the sugar and boiling water into a basin; when dissolved and quite cold stir in thoroughly the lemon and spirits of wine; then bottle. A wineglassful to a tumbler of water.

ORANGE JELLY.

Slice 6 good oranges and 2 lemons, add 6 pints of water, and let them stand over-night. Then boil about 1 hour, until it becomes pulpy; take off and strain through a jelly-bag. Weigh the liquid, and to every lb. add 1 lb. sugar. Boil about 1 hour until it jellies. Skim well.

PASSION FRUIT JAM.

(MADE WITH THE SKINS.)

Cut the fruit in two and cut out the inside; take one fourth of the skins and boil them in water until quite tender. Scoop out the pulp from the shells with a spoon and add it to the seeds and juice; add 1 lb. of sugar to 1 lb. of fruit and boil until of a proper consistency.

PINEAPPLE AND TOMATO JAM.

Take 6 large pineapples, peel, and cut into small pieces. Take 15 lbs tomatoes, plunge into boiling water so that the skins come off easily. Mix with the pineapple, and stew gently till the latter is soft. Then add $\frac{3}{4}$ lb. sugar to each 1 lb. of the mixture, and boil till it is done.

PLUM JELLY.

Put the plums, which may be either damsons, red, or beach plums, into the preserving pan, with water to cover them. Heat slowly and simmer until the plums will mash readily, then turn into a flannel jelly-bag and drip until the pulp is dry. Boil the juice rapidly 20 minutes, skimming often. Remove it from the fire, measure, and return it to the pan; as soon as it boils again, add as many bowls of sugar as you have of juice, and boil until it jellies, which will be 15 or 20 minutes. Pour into tumblers and stand aside 2 or 3 days, then cover with paper and put in a cool dry place.

QUINCE JAM.

Rub clean and put in a pan as many quinces as it will hold, cover with water and boil until quite tender. Remove the cores and put them back in the water and boil them $\frac{1}{2}$ an hour; strain through a colander and measure it; weigh the pulp, then put 1 lb. sugar to each 1 lb. pulp and 1 lb. to each quart of liquid. Boil all together until the colour pleases.

QUINCE JELLY (1).

To every 1 lb. of fruit add 1 pint of water. Let it boil till the fruit begins to break. Strain through a cheese-cloth, measure the juice, and simmer for $\frac{1}{2}$ hour. To every pint of juice allow 1 lb. sugar. Boil it slowly till it jellies.

QUINCE JELLY (2).

Take the parings and hard parts round the cores of $\frac{1}{2}$ a peck of orange quinces, cover them with cold water and boil slowly several hours; add more water, if needed to keep

them covered. Turn into a flannel bag and let them drip all night. In the morning boil the juice 20 minutes and skim well, then strain it again through a very fine flannel. Measure the juice and add to it three-fourths as much granulated sugar; put it on to boil again and boil until it jellies on the edge, then skim again and turn into glasses.

PRESERVED COMQUATS.

Prick the fruit with a darning needle and boil gently in plenty of water till tender. Make a syrup of $1\frac{1}{4}$ lb. sugar and $\frac{1}{2}$ pint water to each pound of fruit. Boil it 20 minutes then add fruit and boil 15 minutes more.

MOOK GINGER.

Take 3 lbs. vegetable marrow, 3 lbs. loaf sugar, 1 oz. ground ginger, the rind and juice of 2 lemons. Peel the marrow, remove the seeds, cut it into pieces about 1 inch thick and 3 inches long. Cut the lemon-rind very fine, strain the juice, put all into a saucepan together, and boil without stirring until clear.

CANDIED MELON.

Take 10 lbs. of melon, 2 oz. washing soda, 9 lbs. white sugar, a handful of whole ginger, and some orange peel. Cut the melon into blocks about 3 inches square, then prick each piece well with a fork. Dissolve the soda in some hot water, then add it to as much cold water as will cover the quantity of melon you have. Let it remain in the soda water one night, in the morning take it out and put on to boil in fresh water, let it boil for about 1 hour, not more (this cleanses it of the soda). Then take it off the fire and drain it in a clothes basket or anything that will suit the purpose. When it has drained put it into fresh clean cold water and let it stand another night; the next morning drain it well and put part of the sugar you are going to use in the preserving pan, and just merely moisten it with water and put it on the fire. When well heated put in your melon.

Stir it often, and only have a moderate fire; add ginger and peel, then add the rest of the sugar by degrees, and boil till all the moisture has evaporated, then when it cools the sugar candies around the pieces of melon. Take time over this.

PRESERVED ORANGES (1).

Take any number of oranges, scrape them all over with a nutmeg grater. Then boil with water till the oranges are tender; pour the water off and cut the oranges in two, taking out the pips. Take equal weights of fruit and sugar and 1 pint of water to every orange. Boil 3 or 4 hours.

PRESERVED ORANGES (2).

Twelve good-sized oranges, 6 lbs. sugar, 9 pints water. Grate off the surface of the orange rind, then wash the fruit and put it in fresh water to soak for 12 hours; wash in plenty of water before using. Cut them each up in 4 or 5 slices, removing the seeds. Add the water, and boil without stirring for 3 hours; add the sugar and boil for 1½ hours longer. Only stir till the sugar is dissolved. Carefully remove all scum.

PRESERVED CHINA PEARS.

Peel and core the pears, whole, and put into the hollow of each a slice of lemon-peel, cut very thin. To each pound of pears allow ½ lb. white sugar and ½ pint water, some cinnamon in sticks, and a few cloves. Lay all in a deep dish, cover and stew very gently for 6 hours. If you intend to keep the pears for long, take them very carefully from the syrup, which should be boiled and skimmed.

PRESERVED PEARS AND PINEAPPLES.

(FOR BOTTLING.)

Two dozen small pears, 2 pineapples. Peel the pears, peel and slice the pineapples. Make a syrup of 4 lbs. sugar to 5 pints water, put in the fruit and simmer till tender.

PRESERVED QUINCES.

Two dozen large quinces, 4 quarts water, 3 lbs. sugar. Take out the cores of the quinces, and stew them in the water till it becomes thick. Strain out the cores, and add the sugar to the liquid. Then add the fruit, peeled and cut in pieces. Stew till tender, bottle while hot, and cover immediately.

PRESERVED SHADDOCK.

First cut the shaddock into quarters, take out the centre or juicy part, which is very bitter and must not be used. Soak the quarters in salt and water for 2 days and nights, changing the water each day. Then place in cold water and let boil for about 5 minutes to extract the salt; then take them out and drain. Sometimes the fruit is so bitter that it requires boiling a second time. Great care must be taken to avoid softening the fruit; after draining and drying for a night, next day cut into pieces about 2 x 1 inches, and boil until transparent in a syrup ready prepared. For the syrup allow $\frac{1}{2}$ lb sugar to 1 pint water, and have it boiling before putting in the fruit.

CHILI SAUCE.

Eighteen ripe tomatoes, 6 onions, 3 green peppers, 1 cup of sugar, $2\frac{1}{2}$ cups of vinegar, 2 teaspoonfuls of salt, 1 teaspoonful each of cinnamon, allspice, and nutmeg, and $\frac{1}{2}$ a teaspoonful of cloves. Scald and peel the tomatoes, and cook with the onions and peppers to a pulp, then add the sugar, vinegar, and spices, and cook 10 minutes longer.

CHUTNEY.

Take 2 lbs. apples, 1 lb. raisins, 2 oz. garlic, 2 oz. red chillies: chop separately very fine, and boil all together with 4 quarts best brown vinegar; simmer gently, and add 1 lb. of Demerara sugar, 6 oz. salt, 8 oz. ground ginger; boil again a few minutes, and bottle.

APPLE CHUTNEY.

Ten large cooking apples, 5 onions (sliced), 3 cups of stoned raisins, 2 lbs. dark sugar, 3 pints vinegar, 1 tablespoonful mustard, 1 tablespoonful black pepper, 1 tablespoonful salt, 1 teaspoonful cayenne. Mix all together and boil well. Bottle and make air-tight.

BENGAL CHUTNEY.

Ingredients: 2 lbs. green apples, $\frac{1}{4}$ lb. brown sugar, $\frac{1}{4}$ lb. raisins, 1 oz. ground ginger, 1 oz. garlic, $1\frac{1}{2}$ pints of vinegar, and slight shaking of cayenne. Pass the apples, raisins and garlic through a mineing machine, then put them with the other ingredients in a stone jar, and stir well before placing it in a good hot oven, where it must remain about 6 hours till it has become a pulp. Bottle it well. It is ready for use as soon as cold.

RED TOMATO CHUTNEY (1).

Take 2 lbs. (peeled and cored) apples, 2 lbs. raisins, 2 lbs. tomatoes, $\frac{1}{2}$ lb. shallots, 2 oz. ground ginger, 8 oz. salt, $1\frac{1}{2}$ lb. brown sugar, 3 pints vinegar, 1 pint limejuice, 1 dessertspoonful cayenne pepper. Put the apples, raisins, tomatoes, and shallots through a mineing machine, and boil with the other ingredients till of the consistency of jam.

RED TOMATO CHUTNEY (2).

Take 6 lbs. ripe tomatoes, 3 lbs. dates, 1 oz. cayenne or chilies, 3 oz. garlic, $\frac{1}{4}$ lb. onions, $\frac{1}{4}$ lb. ginger, 2 oz. salt, 1 lb. brown sugar, 5 pints vinegar. Scald and peel the tomatoes, bruise and tie the ginger up in a muslin bag. Boil all *gently* 5 or 6 hours. Bottle and cork, or cover down tightly.

RED TOMATO CHUTNEY (3).

Three onions, 2 dozen large ripe tomatoes, 6 good-sized tart apples, 3 large lemons, 1 oz. garlic, 14 oz. light brown sugar, 2 oz. ginger, 6 oz. raisins (cut fine), 3 oz. salt, $2\frac{1}{2}$

pints vinegar. Slice tomatoes, sprinkle with salt and leave all night to drain. Add the apples, onions, rind of 1 lemon, and the vinegar. Boil till tender, and put through a colander, then add the other ingredients. Boil 3 or 4 hours. Add any remains of pickles or sauces.

GREEN TOMATO CHUTNEY.

A small case of green tomatoes (about 20 lbs.), 1½ lbs. onions, 3 green apples, 3 large peaches, 6 chilies, ½ teaspoonful cayenne pepper, ½ oz. cloves, 2 tablespoonfuls salt, 1 bottle treacle, 1 lb. dark sugar, 2 quarts vinegar, 3 or 4 pieces of green ginger, 4 tablespoonfuls ground cinnamon. Cut all these up small, and boil together till of the consistency of jam.

PLUM SAUCE.

Take 6 lbs. plums, 3 lbs. sugar, 3 pints vinegar, 1 teaspoon cayenne pepper, 1 teaspoon salt, ½ oz. allspice, ½ oz. cloves, 1 handful whole ginger, bruised. Boil all together till the stones separate, strain through a colander and bottle.

TOMATO CATSUP.

One bushel tomatoes, cut small; boil till soft, then rub through a sieve. Add 2 quarts best vinegar, 1 pint salt, ¼ lb. cloves, ¼ lb. allspice, 1 tablespoonful black pepper, 1 pod red pepper (or chilies), and 5 heads of garlic. Mix and boil till reduced to half the quantity. When cold, strain through a colander and bottle, sealing the corks. It will keep for 2 or 3 years quite fresh.

TOMATO SAUCE (1).

Take 6 lbs. tomatoes, 1 pint vinegar, ½ oz. garlic, 1 lb. onions, ¼ oz. ground ginger, 2 oz. salt, ½ teaspoonful cayenne, ½ teaspoonful cloves, ¼ lb. loaf sugar. Place the tomatoes in boiling water, and rub the skins off and place in preserving pan with the onions, peeled and sliced thin. Put the cloves in a muslin bag, and let all boil briskly for at least 1 hour, till the onions are quite soft. Stir occasionally

with a wooden spoon. After boiling, press all these ingredients hard through a colander until only the skins, cloves, etc., are left. Rinse out the preserving pan and return the mixture. Add the ginger, salt, cayenne pepper, sugar and vinegar (mix the salt, pepper and ginger with a little vinegar thoroughly before putting them into the pan). Let all boil over a brisk fire, stirring the whole time until it is well reduced and of a proper consistency, about 1 hour, boiling all the time. Use a flat wooden spoon to stir and keep the thick parts off the bottom. When finished take it out directly and cool in earthenware, otherwise it will lose its colour (as vinegar is used). An enamelled pot is the best, but if it is an iron pot see that it is well tinned. Use the best vinegar. Never use an iron knife or spoon. Bottle when quite cold. Cork lightly, and seal with wax. If kept in a cool place it will keep for years.

TOMATO SAUCE (2).

Take 40 lbs. ripe tomatoes, $\frac{1}{2}$ gallon best brown vinegar, $\frac{1}{2}$ lb. salt, 3 oz. cloves, $\frac{1}{4}$ oz. allspice, 2 oz. cayenne pepper, 2 lbs. white sugar, 2 oz. peeled garlic, 2 oz. black pepper. Wipe the tomatoes clean, boil till soft. Strain through a coarse colander, and boil the juice an hour. Add the other ingredients, boil together 5 hours. Bottle without straining into perfectly dry bottles. Cork and seal when cold.

TOMATO SAUCE (3).

Take 12 lbs. tomatoes, 1 lb. each of apples, onions, sugar, $\frac{1}{4}$ lb. of salt, 1 oz. each of garlic and allspice, $\frac{1}{4}$ oz. each of chilies, mace, cloves, $\frac{1}{2}$ oz. curry powder, 1 quart vinegar. Wipe and break the tomatoes, slice and peel the apples and onions, cut garlic fine. Boil all together 3 hours, then strain and bottle.

TOMATO SAUCE.

(WITHOUT SUGAR.)

Boil 12 lbs. of tomatoes till reduced to a pulp, then rub them through a colander, and add $\frac{1}{2}$ lb. of salt, 2 pints of vinegar, 6 chilies, $\frac{1}{4}$ oz. white pepper, $\frac{1}{2}$ oz. ginger, $\frac{1}{2}$ oz.

allspice, $\frac{1}{2}$ oz. of mace, $\frac{1}{2}$ oz. cloves, $\frac{1}{2}$ lb. onions, cut in very small pieces. Boil all together about 2 hours; bottle, and cork when cold.

PICKLED RED CABBAGE.

Procure a firm, good-sized cabbage, and after taking off any straggling or decayed leaves, cut it in quarters, and then in very thin slices. Sprinkle well with salt and set aside for 48 hours. Then drain off the salt liquor which has formed, and pour over the cabbage a well-seasoned pickle of boiling vinegar; cover the jar until the cabbage is cold, then fasten tightly. Celery and cauliflower may be pickled in the same way. If preferred, the cauliflower may be cooked in boiling water until tender before putting it in the vinegar.

PICKLED LEMONS.

Scrape the lemons well, cut them into 4 parts so as not to separate them; rub them with salt, cover them with it, and leave them 3 days. Slice some white ginger, put it in a jar with the lemons, a few cloves of garlic, a handful of mustard and a little cayenne. Squeeze the lemons gently when putting into the jar. Cover them with plenty of good vinegar, tie them down closely. Ready for use in a month. An excellent fish sauce.

PICKLED ONIONS.

Select the small round sort, peel off the outer skin and steep in strong salt and water 4 days, changing the water 2 or 3 times. Then drain and wipe dry, and put into boiling milk. When the milk is cold drain and dry each onion in a cloth. Then put into jars, and pour over as much white wine vinegar (with whole white pepper) as will cover them. Tie down with wet bladder or other airtight covering, and store in a dry place.

PICKLED PLUMS.

"AIGUEDUOS."

Take 6 lbs. fine hard Orleans plums; as much good vinegar as will cover them. Take your vinegar with an equal quantity of white sugar, a good stick of cinnamon, 1 oz. whole cloves, $\frac{1}{4}$ oz. mace, a nutmeg grated. Boil this for 15 minutes, pour it over the plums, boiling hot, and let them stand 3 days, then put all into a preserving pan; gently simmer 10 minutes. Carefully turn them out to cool; when cold bottle and cork tightly. They will keep for any length of time. Be careful not to break the plums. Some use whole pepper instead of cinnamon, and cayenne pepper instead of nutmeg.

PICCALILLI.

One peck of green tomatoes and 1 head of cabbage chopped fine; mix with them 1 large cup of salt, put all into a coarse cheese-cloth bag and let it hang and drain over-night. Then chop 6 large onions and 4 green peppers, mix them with the tomatoes and cabbage, pour over them enough hot weak vinegar to cover, and drain again; the next morning scald the same amount of good sharp vinegar and pour over them, add 2 tablespoonfuls of whole mustard seed, and when cold it is ready for use.

GREEN TOMATO PICKLES.

Slice 1 gallon tomatoes, sprinkle with salt between the layers, let them stand 12 hours, then drain off the liquor. Add 4 large sliced onions, then take 3 tablespoonfuls cloves, 2 quarts vinegar, 2 lbs. treacle, 2 tablespoonfuls mustard seed; let these nearly boil, then add the tomatoes and onions, and let all boil 10 minutes.

PICKLE FOR BEEF (1).

Take 6 oz. bay salt, 3 oz. saltpetre, 4 lbs. brown sugar, 1 lb. common salt, 1 teaspoon black pepper. Mix all together, and rub them over the beef. Rub and turn every day.

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PICKLE FOR BEEF (2).

Take 1 lb. common salt, 3 oz. bay salt, 2 oz. saltpetre, 1 lb. coarse brown sugar, 1 quart water. Boil all the ingredients in the water for 10 minutes; when cold pour on the meat; turn it every day for a week.

TO CURE HAMS.

To each ham of about 15 lbs. allow 1 lb. bay salt, 2 oz. saltpetre, $\frac{1}{2}$ lb. common salt, 1 oz. black pepper. Powder these well together, lay the hams in the mixture 4 days, turning and rubbing them every day. Then add $1\frac{1}{2}$ lbs. of treacle to each ham; let them lie in that for a month, turning them every day. When you take them out, soak them in water for 24 hours, and hang them up to dry.

DRIED APRICOT JAM.

2 lbs. dried apricots (best), 5 lbs. sugar, 2 quarts water. Soak apricots over night; drain off water, add sugar and boil up. Put in the apricots, and boil until the whole jellies. A few blanched almonds are an improvement.

PEAR JAM (1).

Peel pears and cut in pieces, not too thin. Weigh, and put in preserving pan with small quantity of water. Boil till tender. Add $\frac{3}{4}$ lb. of sugar to every lb. of fruit, and one jar of preserved ginger (cut up to same size as fruit) to every 8 lbs. of pears. Boil all together for two hours.

PEAR JAM (2).

To every lb. of pears allow $\frac{3}{4}$ lb. sugar and the juice of 1 lemon; a little whole ginger may be added if desired. Cut the pears into small pieces, not too thin, put into the preserving pan with a little water and sugar, and boil till tender. Add the lemon juice and the rest of the sugar and boil until the syrup jellies.

YOLKOVA, it improves the Puddings.

PEAR MARMALADE.

Slice very thinly 6 large China pears with the skins and seeds, soak overnight in 4 quarts water; in the morning add a finely cut pineapple, and boil together till soft; then add 5 lbs. sugar, and when nearly cooked, a little lemon juice. Boil till of nice consistency and colour.

QUINCE HONEY.

Take 5 large quinces, peal and core, and put through mincing machine, taking care to save all the juice. Put 5 lbs. sugar into 1 pint of water, and bring to the boil. When boiling, add pulp and juice, and boil well for 20 minutes. A pincapple prepared in the same way and added is an improvement.

PARSLEY JELLY

Take any quantity of parsley freshly gathered and well washed. Place in a preserving pan, and cover well with water, pressing the parsley down; let this boil gently for quite an hour; strain through a sieve and jelly-bag. To every pint of juice add 1 lb. sugar, and boil smartly for 20 minutes. Have ready a sixpenny packet of gelatine, previously melted in cold water, for every quart of juice, and when thoroughly dissolved add this to the boiling jelly. Stir well in, and boil about 10 minutes longer. Just before lifting off the fire to place in bottles, stir in a small quantity of essence of lemon. This jelly is very nice with cream or custard, and will keep for any length of time when well covered in jelly-pots.

APPLE PICKLE.

Peel and quarter apples, boil them in vinegar and water till tender. To 1 quart of vinegar add 1 $\frac{3}{4}$ lb. sugar, 1 tablespoonful each of cloves and cinnamon stick. Boil for 20 to 30 minutes and pour hot over apples.

INDIAN CHUTNEY.

Ten lbs. green apples, 2 pineapples, 4 oz. salt, 6 oz. preserved ginger, $\frac{1}{4}$ oz. cardamom seed, $\frac{1}{2}$ oz. cinnamon, $\frac{1}{2}$ oz. ground cloves, 1 lb. sultanas, 3 lbs. brown sugar, 1 bottle brown vinegar.

Make syrup with 3 pints of water in which boil apples. When half done throw in the other ingredients, last of all put in vinegar. Boil until it is thick.

GREEN TOMATO PICKLE (CLEAR).

Slice any quantity of green tomatoes and let stand covered with brine 24 hours. Next morning make pickle in proportion of $1\frac{3}{4}$ lbs. sugar, 1 tablespoonful each of whole spice, mace, peppercorns and cloves to 1 quart of vinegar. When boiling add the strained tomatoes, and boil till clear and tender.

CAKES.

A tablespoonful of boiling water added to any cake the last thing before putting in the baking-tin makes it rise better.

HINTS ON CAKE MAKING.

Prepare cake tins by well buttering them, and, if for rich cakes, lining the tins with paper. The best tins for rich cakes are those made with the rim separate from the bottom. When the cake is turned out, the rim is lifted off and then the bottom, thus obviating the danger of the cake "sticking" and breaking.

Measure or weigh, never guess ingredients. Have *all* ingredients at hand before beginning to mix the cake.

Always *test* the oven before putting a cake in. A little flour sprinkled on the slide is a good test. When the oven is needed for cakes containing butter the flour should turn a *very dark brown* in 5 minutes. Sponge or light cakes will not rise if put into too hot an oven; for them the test should be *light brown* in 5 minutes.

The time needed to cook cakes varies according to size, shape, or composition. To test if cake is sufficiently cooked press it lightly with the fingers—if cooked the fingers will make no impression. When cooked the cake shrinks away from the tin.

For rich cakes a sure test is to try with a straw or cooking needle; if cake is sufficiently cooked the straw or needle will be quite dry and clean.

AMERICAN COOKIES.

Four tablespoons sugar, 3 of melted butter, 2 of milk, 1 egg, as much flour as will make it into a stiff dough, 1 teaspoon baking powder. Put the sugar in a basin, pour the melted butter over it, mix well together; beat the eggs and add the milk to them, stir in; sift the baking powder with a little flour, stir it in, adding more flour to make it into a stiff dough. Well flour the baking board, turn out the dough, knead a little, roll it out $\frac{1}{2}$ inch thick, cut with a biscuit cutter, dip each in sugar; place in a buttered baking shelf, and bake in a hot oven till a golden brown.

AUNTIE CAKES (1).

One lb. maizena, 2 tablespoonfuls baking powder, the grated rind of 3 lemons, $\frac{1}{2}$ lb. sifted sugar, $\frac{3}{4}$ lb. butter, 4 eggs. Mix the sugar, flour, and baking powder with butter, add eggs well beaten. Mix well and put a teaspoonful into each patty pan. Bake 5 minutes in rather a quick oven.

AUNTIE CAKES (2).

Take $\frac{1}{4}$ lb. each of butter, sugar, cornflour, and plain flour, some essence of lemon, 2 eggs, and a large teaspoonful of baking powder. Mix butter and sugar, add eggs well beaten, then cornflour and plain flour with baking powder, essence, and a tablespoonful of desiccated cocoanut. Put teaspoonful of mixture into greased patty tins and bake in a quick oven 5 to 10 minutes.

ANGELICA CAKES.

Take 2 eggs, their weight in flour and sugar, the weight of 1 in butter, $\frac{1}{2}$ teaspoon baking powder, 2 oz. angelica, and a few drops of essence of vanilla. Sift the flour, mix with the baking powder, beat the butter and sugar to a cream. Drop the eggs into the batter one at a time, add the angelica and flavouring, and lastly the flour and baking powder. Have your tins ready buttered, half fill them with the mixture, put them into a rather quick oven and bake 20 minutes. Turn out on a sieve to cool.

BAKING POWDERS.

1. Mix thoroughly $\frac{1}{2}$ lb. tartaric acid, 1 lb. bicarbonate of soda, 2 lbs. rice flour. Keep in a dry place.
2. Mix thoroughly 6 oz. carbonate soda, 2 oz. tartaric acid, $\frac{1}{2}$ lb. cream of tartar, 1 oz. rice flour.
3. Take 1 lb. carbonate soda, $\frac{1}{2}$ lb. tartaric acid, $\frac{1}{2}$ lb. white sugar, $\frac{1}{2}$ lb. ground rice. Roll out all lumps.
4. Two teaspoons cream of tartar, 1 teaspoon carbonate of soda. Use 1 large teaspoon of the mixture to 1 lb. flour.

LIGHT BUNS.

One egg, $\frac{1}{2}$ cup sugar, 1 teaspoonful butter, beat these together, then add 1 cup of flour in which 1 teaspoonful of baking powder and a little salt has been mixed. Do not have the dough too dry, add a little milk if necessary. Flavour with almond, desiccated cocoanut, or any other essence to taste. If for buns make into large shapes; for biscuits, take off a small piece about the size of a marble. Roll it round in the hands (flour your hands), put on a greased tin and bake in a quick oven.

LONDON BUNS.

Take 1 lb. flour, $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. sifted sugar, 3 eggs, 2 tablespoonfuls baking powder, 2 oz. candied peel, grated rind of $\frac{1}{2}$ a lemon, about a teacup of milk. Rub the butter lightly into the flour until it is free from lumps. Add the peel cut in small dice, the sugar, baking powder, and rind. Beat the eggs and work into the mixture, keeping back a small quantity of egg for the tops of the buns. Add as much milk as will form it into a stiff paste. This quantity will make 10 or 12 buns. Place them on a greased baking sheet. Egg them over and sprinkle small pieces of sugar on the top of each. Bake immediately in a quick oven for about $\frac{1}{4}$ of an hour.

SCOTS BUN.

Take $1\frac{1}{2}$ breakfastcupfuls of flour and rub into it $\frac{1}{2}$ lb. of either butter or dripping, and $\frac{1}{2}$ teaspoonful baking powder. Mix it to a firm paste with water, roll it out into

a thin sheet. Grease the inside of a cake pan, and line it neatly with the paste, reserving a piece the size of the pan for the top of the bun. Now put together in a large basin 1 lb. flour, $\frac{1}{2}$ lb. sugar, 2 lbs. large blue raisins (stoned), 2 lbs. currants (well washed and dried and picked), $\frac{1}{4}$ lb. orange peel, $\frac{1}{4}$ lb. almonds, $\frac{1}{2}$ oz. ginger, $\frac{1}{2}$ oz. powdered cinnamon, $\frac{1}{2}$ oz. Jamaica pepper, $\frac{1}{2}$ teaspoonful black pepper, 1 small teaspoonful carbonate of soda, 1 teaspoonful cream of tartar, and 1 breakfastspoonful of milk, or just as much as will moisten it all. Mix thoroughly together with the hands, and put the mixture into the lined tin. Make it flat on the top and wet the edges round, and put on the lid of paste. Prick it all over with a fork, brush it with a little egg, and put it in the oven for about 3 hours. This bun improves with keeping.

CANTERBURY CAKE.

Take 1 lb. sugar, $1\frac{1}{2}$ lbs. flour, $\frac{3}{4}$ lb. butter, 4 eggs, $\frac{1}{2}$ pint milk, 1 large teaspoonful baking powder (mixed with the flour); beat the butter and sugar to a cream; add the eggs one by one, and the milk by degrees; then the flour, and lastly some candied peel, raisins or sultanas, and essence of lemon to taste. Bake in moderate oven $1\frac{1}{2}$ hours.

CHEESE CAKES.

FOR THE MIXTURE.—Beat 1 oz. butter to a cream, with 1 tablespoonful of sugar; then add a level teaspoonful of flour and 1 well-beaten egg; then another tablespoonful of flour, a pinch of salt, and a tablespoonful of marmalade. Stir till thick and smooth.

FOR THE PASTE.—6 oz. flour, 3 oz. butter, 1 tablespoonful sugar, a pinch of salt, 1 teaspoonful baking powder; mix with as little water as possible to a stiff paste; roll out to the thickness of a penny; cut out in rounds, lay in greased patty tins; put a teaspoonful of the mixture in each, and bake in a quick oven 15 minutes.

CHARLOTTE CAKES.

Mix 1 lb. flour, $\frac{1}{2}$ lb. sugar, $\frac{1}{4}$ lb. butter, 3 eggs, 1 teaspoon carbonate of soda, 2 teaspoons cream of tartar, 15 drops essence of lemon, 1 cup milk. Bake for 15 minutes.

CHEERY CAKES.

Take $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. butter, 2 oz. sugar, 2 oz. dried cherries, 1 oz. almonds, 1 egg; beat the butter and sugar together to a cream, whip the egg in another basin till very light, and add to it; by degrees stir in the flour, and when very stiff turn the mixture out on a board, and knead it lightly together; chop the cherries finely, blanch and chop finely the almonds; roll out the dough, sprinkle over the cherries and almonds; and fold the dough together; roll it out again and fold it, and again roll it out to half an inch in thickness; cut out some rounds about the size of a crown piece; place them on a floured tin, and bake in a moderate oven for 10 minutes. When finished the cakes should be of a pale golden brown colour.

CHILDREN'S CAKE.

Use $\frac{1}{2}$ cup butter, 1 cup sugar, two-thirds cup milk, $1\frac{3}{4}$ cups flour, two teaspoonfuls baking powder, 2 teaspoonfuls vanilla essence, 2 eggs. Mix flour and baking powder, beat butter and sugar to a cream, mix together lightly, adding essence, eggs, and milk. Bake in fairly hot oven about 1 hour.

CHOCOLATE CAKE.

Two cups sugar, 1 cup butter, 1 cup milk, $3\frac{1}{2}$ cups flour, 3 teaspoonfuls of baking powder, the yolks of 5 eggs, and the whites of 2; flavour with essence. Beat sugar and butter, add flour with baking powder, eggs, essence, and milk. Bake in moderately hot oven. To make the icing use the whites of 3 eggs, and stiffen with icing sugar; then add some melted chocolate and vanilla essence.

CHRISTMAS CAKE.

Five cups flour, 1 cup butter, 1 cup cream, 1 cup treacle, 1 cup moist sugar, 2 eggs, $\frac{1}{2}$ oz. powdered ginger, $\frac{1}{2}$ lb. raisins, 1 teaspoon carbonate soda. (Use teacups.) Stone

the raisins and cut them into small pieces; sift the flour, and be sure it is quite dry; warm the butter, if necessary, so as to melt it, but not into oil; put the flour into a basin; add to it the sugar, ginger, and raisins; when these are well mixed stir in the butter, cream, treacle and egg (previously well whisked) and beat the mixture for 10 minutes; carefully break all lumps in the soda, and mix it thoroughly with the dough; well butter a mould or cake tin, and pour in the mixture. Place it at once in a moderate oven and bake $1\frac{3}{4}$ to $2\frac{1}{4}$ hours.

COBURG CAKE.

Take $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ teaspoon carbonate soda, $1\frac{1}{2}$ teaspoons mixed spice, $\frac{1}{2}$ lb. butter, $\frac{1}{4}$ lb. sugar, and 2 eggs; put the flour and dry ingredients into a basin; cream the butter, stir into it the eggs well beaten; pour on the other ingredients; mix thoroughly and bake in a moderate oven until firm.

COOKLES.

Take 2 eggs, their weight each in flour, butter, sugar and ground rice, 2 teaspoons baking powder; beat the butter and sugar to a cream; mix the flour, ground rice, and baking powder together; beat the eggs into the butter, then the dry ingredients; if very stiff add a spoonful of milk; drop in small pieces on a buttered plate; bake 10 minutes. When warm spread with raspberry jam and stick two together.

COOCOANUT CAKE.

One cocoanut grated, 1 cup sugar, 2 eggs, $\frac{3}{4}$ cup milk, 2 cups flour, 2 teaspoonfuls cream of tartar, 1 teaspoon carbonate of soda, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ teaspoonful vanilla; mix butter and sugar; stir in eggs, then milk, and lastly flour; soda to be dissolved in a little boiling water, and cream of tartar to be mixed with flour; divide the mixture into 3 floured sandwich tins, and bake in a quick oven. When cooked, run a knife round the tins, but do not remove the cakes till cold. Make an icing as follows:—Whites of 2

eggs, 1 cup icing sugar, vanilla to taste; lay one cake on a flat dish; put on it a layer of icing, over which sprinkle thickly a third of the grated cocoanut; then another cake and so on. When complete cover with icing, and sprinkle well with cocoanut.

COCOANUT CAKES.

Take 1½ cups of self-raising flour, 1½ cups desiccated cocoanut, 2 small eggs, ½ cup sugar, ½ teaspoon of essence of almonds, 2 oz. of butter. Mix the dry ingredients, rub in the butter, then add the essence and the egg well beaten; this forms a stiff mixture; break off into pieces about the size of a walnut, roll into balls, and then roll the balls in sugar; put them on tins rather far apart, and bake in a rather hot oven 8 to 10 minutes.

COFFEE CAKE.

Take 1 cup each of sugar, butter, and milk, 2½ cups flour, 5 eggs, and flavouring. Beat the butter and sugar to a cream, then add the milk, eggs (well beaten) and flavouring, mix the flour with 2 teaspoons cream of tartar and 1 of carbonate of soda. Bake in a flat tin 1½ hours. When done spread butter over the top (while the cake is hot), and sprinkle it well with ground cinnamon, chopped peel, cocoanut chips, finely-cut burnt almonds, and sugar.

COFFEE CAKES.

Three cups flour, ½ lb. butter, 1½ cups sugar, 1½ teaspoons baking powder, 1 cup sweet milk, 4 eggs. Beat the butter and sugar to a cream, add the eggs one by one (unbeaten); beat these well together, then add the milk, and lastly stir in the flour mixed with the powder. Bake in small tins 10 to 15 minutes.

COFFEE GLACE.

(FOR COVERING CAKES, TARTS, &c.)

Pass ¾ lb. icing sugar through a sieve, and mix with 3 tablespoons strong liquid coffee. Stir over the fire till it is just warm, and use at once.

COOKIES (1).

Take 1 lb. flour, $\frac{1}{2}$ lb. sugar, 1 teaspoonful baking powder, $\frac{1}{4}$ lb. butter, 3 eggs, 1 dessertspoonful milk, essence to taste. Mix into a stiff dough, and form into small cakes or roll into biscuits. Almond essence is generally preferred.

COOKIES (2).

Beat 1 egg with 2 cups of sugar. Add 1 cup of sweet milk, $\frac{1}{2}$ cup each of butter and lard well beaten, 3 teaspoonfuls cream of tartar, $1\frac{1}{2}$ teaspoonfuls soda, sifted; flour to stiffen; spice to taste. Sprinkle with sugar and bake quickly.

CORNFLOUR CAKES (1).

Take $\frac{1}{2}$ lb. each of cornflour, flour, sugar, and butter, 2 teaspoons baking powder, 3 well-beaten eggs. Rub the butter into the flour, add other ingredients, and make a light dough. Bake in greased patty-pans $\frac{1}{4}$ hour in a quick oven.

CORNFLOUR CAKES (2).

Take 1 lb. cornflour, 4 eggs, $\frac{1}{4}$ lb. butter, 2 teaspoons baking powder, $\frac{1}{2}$ lb. sugar, essence to taste. Beat the butter to a cream, add the sugar. Beat the yolks and whites separately and add. Sift in the cornflour and powder gradually. The mixture should be very stiff, and baked in a rather quick oven in little greased patty-tins.

CREAM CAKES OR CUSTARD ROLLS.

These are delicious if care is taken to have the water boiling. Put $\frac{1}{2}$ pint water into an enamelled pan; immediately after it comes to the boil put in two-thirds cup butter and the weight of $1\frac{1}{2}$ eggs in flour. Stir briskly on the fire for a moment, then remove it and place it in a dish where it will get entirely cold. Beat 5 large eggs thoroughly, stir them into the cold mixture a spoonful at a time till it is all in; smooth, and free from lumps; drop the mixture

upon a greased tin in small pear-shaped cakes. Bake $\frac{1}{2}$ an hour in a very hot oven. Do not open the door, they are not likely to burn. When done they will be hollow inside and of a bright brown colour, if they are not done they will flatten. The oven must be hot when you put them in, and if kept so they will be a success. Make a stiff sweet custard flavoured with essence, cut open the cakes when quite cold, near the bottom, and fill very full. Be sure the custard is cold. Cream, whisked well with a little fine sugar, may be substituted for custard. Sift castor sugar over the cakes after filling.

CREAM SPONGE CAKE.

Beat 2 eggs in a teacup, fill it up with sweet cream, add 1 teacup sugar, $1\frac{1}{2}$ teacups flour, 1 teaspoon baking powder and a small pinch of salt. Stir well together and bake in a moderate oven 1 hour.

CROPPER CAKES.

Beat 3 oz. butter to a cream with 3 oz. sugar, put $\frac{1}{2}$ lb. flour into a basin, mix with it 1 teaspoonful baking powder, add by slow degrees to the butter and sugar. Then add a well-beaten egg, and a few drops of flavouring. Make all into a smooth dough, form into small cakes, and bake in a rather quick oven 10 or 15 minutes.

CUP CAKE (1).

One cup each of sugar, butter, and milk, 3 cups flour, 2 eggs, $1\frac{1}{2}$ teaspoons baking powder. Beat the sugar and butter together, add gradually the flour (mixed with the baking powder), then the eggs and milk. Flavour to taste. Bake in a quick oven.

CUP CAKE (2).

One cup sugar, 2 cups flour, 2 tablespoonfuls butter, 2 eggs, 1 cup milk, 1 teaspoonful baking powder, a few currants, lemon-peel and any flavouring. Bake in a buttered tin $1\frac{1}{2}$ hours, or bake in patty-tins 15 minutes.

CURRENT CAKE (1).

One cup each of sugar, butter, and currants, 2 cups flour, 2 oz. peel, $\frac{1}{2}$ teaspoon baking powder, 3 or 4 eggs. Mix the butter and sugar to a cream, add the eggs, 1 at a time, beating well, then the baking powder, flour, peel, and currants. Bake 1 hour or a little less, in a moderate oven.

CURRENT CAKE (2).

Take $1\frac{1}{2}$ lbs. flour, $\frac{3}{4}$ lb. sugar, $\frac{1}{2}$ lb. butter, 4 eggs, $\frac{1}{2}$ lb. currants, 2 teaspoons baking powder, 1 piece candied peel cut fine, enough milk to make a stiff dough. Bake in a slow oven.

CUSTARD CAKE.

One cup sugar, 1 cup flour, $\frac{1}{4}$ lb. butter, 1 teaspoonful baking powder and 4 eggs. Beat the butter to a cream, add the sugar, mix well, add the flour, baking powder and eggs (well beaten). Pour into sandwich tins and bake. When done spread one with custard and put the other on it.

DARK CAKE.

Take 3 cups of flour, 1 teaspoonful baking powder, $\frac{1}{2}$ lb. butter, mix well together, then add 1 cup each of currants and raisins, and a little candied lemon-peel, $\frac{1}{2}$ cup treacle, 3 eggs and a little milk, 1 cup dark sugar, and spice to taste. Bake in fairly hot oven.

DAY AND NIGHT CAKE.

To 1 cup sugar put 2 cups flour, the yolks of 3 eggs, 1 tablespoonful butter, 1 cup milk, 2 teaspoons baking powder. Beat the sugar and butter to a cream, add the eggs and beat well, then add the milk, flour, and baking powder. Divide the mixture in half. Put into one half 1 cup sultanas, $\frac{3}{4}$ teaspoonful essence vanilla, and enough chocolate or cocoa to make it dark. Flavour the other half with essence of lemon. Bake separately in sandwich tins. Whip up the whites of 3 eggs with a cup of icing sugar.

When the cakes are done, spread half the icing on one cake and sprinkle well with desiccated cocoanut. Lay the other half cake on the top and spread with the other half of the icing and cocoanut.

DESSERT CAKES.

Half lb. butter, $\frac{1}{2}$ lb. flour, 6 oz. sugar, 3 eggs. Cream the butter, and beat the sugar well into it, add the flour by degrees, then the eggs, still beating. Mix well, and bake in tins 8 or 10 minutes.

DURHAM CAKE.

Take 1 lb. apples, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ pint water, 1 lemon, 2 teacupfuls flour, 1 teaspoonful soda, 1 teaspoonful cream of tartar, 3 eggs; pare and core the apples, cut them in small pieces; place in a saucepan the water and half of the sugar; allow them to boil; then add the apples; grate over the lemon rind, squeeze over the juice; cook these all together slowly until the apples are tender; draw the saucepan then from the fire, and let the mixture cool; mix in a large basin the remainder of the sugar and flour; add the soda and cream of tartar; in another basin, beat the eggs till very light; pour them over the flour and sugar, and mix thoroughly with a wooden spoon; grease the round flat tins; pour half of the mixture into each; spread the mixture smoothly; then bake in a quick oven 7 minutes; turn them out, and when cold spread over one round the apple mixture; place over it the remaining half; sprinkle thickly with white sugar; cut into convenient pieces and serve cold.

EASTER CAKES.

Half a lb. of flour, 3 oz. butter, 2 eggs, 1 small teaspoonful baking powder, 3 oz. sugar, and a little flavouring; put the butter into a basin, beat to a cream; beat in 1 egg, then half the sugar, then the other egg, then the rest of the sugar, then the flour and baking powder mixed; if too stiff (it should be the consistency of thick cream) add a little milk. Butter your patty-pans, half fill with the mixture, and bake in a quick oven 10 minutes. Ice when cool.

ECCLES CAKES.

Take 2 oz. currants, $\frac{1}{2}$ oz. candied peel, 1 oz. brown sugar, a little grated nutmeg, $\frac{1}{2}$ oz. butter; wash and dry the currants thoroughly; chop the peel, and put them with the butter, sugar, and grated nutmeg on a plate near the fire for the butter to melt; have ready some rough puff paste, roll it out about $\frac{1}{4}$ in. thick, and cut in rounds with a good sized cutter; wet the edges of each round; take a spoonful of the mixture; place it in the centre of each; gather into a ball, and roll out with a rolling-pin; score with a knife; brush over with egg, and bake in a very hot oven 15 minutes, until well browned.

EVE CAKES.

Beat 1 cup sugar and $\frac{1}{4}$ lb. butter to a cream, add 2 eggs, 2 cups flour, 1 teaspoonful baking powder, a pinch of salt, and flavouring. Bake in a quick oven 45 to 60 minutes.

EXCELLENT CHEAP CAKE.

Take $\frac{1}{2}$ teaspoonful tartaric acid, $\frac{1}{2}$ teaspoonful carbonate soda, and 1 lb. flour; rub all through a sieve. Then rub into the flour 2 oz. butter, and 2 oz. sugar, $\frac{1}{4}$ lb. currants or sultanas and a few carraway seeds. Beat up 1 egg and mix it with $\frac{1}{2}$ pint of new milk; make the whole into a dough, put into a buttered tin, and bake $1\frac{1}{2}$ hours.

EXHIBITION CAKE.

Take 4 oz. butter, 10 oz. flour, 2 oz. candied peel, 5 oz. sugar, 2 eggs, 1 teaspoon baking powder, 1 teaspoon carraway seeds, 1 gill milk. Beat the butter and sugar to a cream, then beat in the eggs, seeds, and peel. Mix the flour and baking powder together and stir them in with the milk; turn into a buttered tin, and bake 1 hour.

FEATHER CAKE.

Take $\frac{1}{2}$ cup butter beaten to a cream, 2 cups sugar, 1 cup milk, with 1 teaspoonful baking powder dissolved in it, 3 eggs, the yolks and whites beaten separately, 1 cup flour, with 2 teaspoonfuls cream of tartar mixed in it, and lastly 2 cups flour. Mix in the above order. After the first cup flour add the other 2 cups of flour gradually, a little at a time. Beat the mixture well between each addition. Bake $\frac{3}{4}$ of an hour.

FRENCH CREAM CAKE.

Beat 3 eggs and 1 cup of sugar together. Add 2 tablespoonfuls cold water. Stir a teaspoon baking powder into a breakfastcup of flour. Sift in the flour, stirring the whole time in one direction. Bake on greased tins. Make the cream of 1 pint milk, 2 eggs, 1 tablespoonful cornflour, $\frac{1}{2}$ cup sugar. Stir on the fire in a saucepan till it thickens. Then add a piece of butter the size of a walnut, and vanilla to taste. Cut the cakes in layers, and spread the cream while both are hot.

FRUIT CAKE.

Take 5 cups flour, 1 cup each of brown sugar, currants, raisins, and butter, 1 teaspoonful cinnamon, 1 dessertspoonful each of spice and ginger, 1 teaspoonful carbonate of soda, 2 teaspoonfuls of cream of tartar, $\frac{1}{2}$ cup of treacle, 5 eggs, and enough milk to mix. Bake $1\frac{1}{2}$ hours.

GINGERBREAD (1).

Take 3 large breakfast cups flour, 2 large breakfast cups sugar, 1 large breakfast cup treacle, 1 large breakfast cup boiling water, one-third lb. butter, 1 egg, 1 heaped tablespoonful of ground ginger, 1 tablespoonful ground cinnamon, 1 dessertspoonful of baking powder, a pinch of salt. Mix the sugar, treacle, and butter well together, beat the egg and put it in, then the spices, powder and salt. Add the flour, gradually moistening with a little hot water at a time. Bake in a moderate oven 20 to 30 minutes in a flat tin.

GINGERBREAD (2).

Take 1 lb. flour, $\frac{1}{2}$ lb. treacle or honey, $\frac{1}{4}$ lb. butter, $\frac{1}{2}$ oz. ground ginger (1½ tablespoons), $\frac{1}{2}$ oz. carbonate soda (1 tablespoon), and $\frac{1}{4}$ pint milk. Rub well together the flour, sugar, and ginger; then add the treacle. Melt the butter in the hot milk, and dissolve the soda in it gradually. Then mix all together, and work well until quite stiff. Make into large flat cakes, place on a stiff buttered paper, and bake till a light brown in rather a hot oven 20 to 30 minutes.

GINGERBREAD (3).

Take 1 lb. treacle, 2 eggs, 3 breakfastups flour, 1 teacupful butter, 1 teacupful sugar, 2 tablespoonfuls ginger, 2 tablespoonfuls cinnamon, 2 teaspoonfuls carbonate soda dissolved in a breakfast cup of milk. Melt the butter and treacle together, then add the flour gradually, then the cinnamon, ginger and milk. Beat up the eggs with the sugar, and put them in last. Bake in a hot oven $\frac{3}{4}$ of an hour. Do not open the oven door before it is ready.

GINGERBREAD (4).

Take $\frac{1}{2}$ lb. butter, 1 cup sugar, 1 large cup treacle, put all together in a saucepan and melt, then add 1½ teaspoonfuls baking soda. When it froths up pour into a basin in which you have 4 cups of flour, ginger to taste, and some candied lemon-peel. Lastly, add 4 well-beaten eggs, with a very little milk. Bake 1½ to 2 hours.

GENOA CAKE.

Take $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. castor sugar, $\frac{1}{2}$ lb. sultanas, 2 oz. mixed peel, 10 oz. flour, 2 oz. blanched almonds, the grated rind of a lemon, 2 teaspoonfuls baking powder, 4 eggs well beaten. Beat the butter to a cream, mix in the sugar, flour, raisins, and candied peel cut small, lastly the eggs. Beat all together for 5 minutes, then add almonds, lemon rind and baking powder. Pour into a buttered tin and bake in a moderate oven 1½ hours. Sprinkle a few of the almonds cut up on the top.

GENOESE PASTRY.

Take 8 oz. sugar, 6 oz. flour, 5 oz. butter, 7 eggs. Beat the eggs and sugar over a basin of hot water for about 20 minutes. Do not leave it till it rises and looks quite white. Pour in the butter dissolved, and stir the flour in lightly. Cook as soon as possible. Have a baking-tin lined with well-buttered paper, pour the mixture in. Do not open the oven door for 10 minutes. Turn on to sugared paper, spread half with jam and place the other half on it. Cut into shapes. This may be iced with chocolate icing, as follows:—

CHOCOLATE ICING.—Take 2 oz. grated chocolate, 4 oz. icing sugar, 1 tablespoonful water. Melt the chocolate in the water, add the sugar, and stir all the time. Keep this hot, but do not allow it to boil. Pour it over the pastry while hot, and spread smoothly.

GOLD CAKE.

Take 1½ cups of sugar, ¾ of a cup of butter, ½ cup of milk, yolks of 8 eggs, 3 cups of flour, 3 teaspoonfuls of baking powder, vanilla flavouring. Mix the sugar and butter to a cream, add the yolks of the eggs, then the milk, sift in the flour, in which the baking powder has been well mixed, and beat well. Bake in a well-heated oven 1 hour 10 minutes.

IRISH CAKE.

(VERY RICIL.)

Take 2 lbs. flour, 1¼ lbs. butter, 1½ lbs. brown sugar, ¼ lb. citron, 2½ lbs. currants, 18 eggs. Warm the butter and beat it to a cream, break in the eggs by degrees with the fruit and sugar. Add the flour last. Keep beating the same way, and do not take out the hand till thoroughly mixed. Bake about 3 hours.

KILLOOLAH CAKES.

Two cups flour, ½ cup butter, 1 cup sugar, 2 eggs, ½ cup milk, 1 teaspoonful cream of tartar, ½ teaspoonful carbonate soda. Beat the butter and sugar to a cream, beat

the eggs well and mix with the butter and sugar; then mix in the milk, and lastly the flour, with soda and cream of tartar well mixed with it. Place in heated and well-buttered patty-pans and bake for about 10 minutes in a moderate oven.

— LAURELVILLE CAKE.

One lb. flour, $\frac{1}{4}$ lb. raisins, $\frac{1}{4}$ lb. sultanas, $\frac{1}{2}$ lb. sugar, 1 oz. sweet, 1 oz. bitter almonds, 2 oz. mixed peel, $\frac{1}{4}$ lb. butter, 1 teaspoonful carbonate soda, 2 eggs, $\frac{1}{2}$ pint milk, 1 tablespoonful ginger. Beat the butter and sugar to a cream, add the eggs, then the flour gradually. Mix the soda with the milk and add half of it to the other ingredients, add the ginger, raisins, almonds and peel, and lastly the milk. Mix well and bake in a buttered tin 2 hours in a moderate oven.

LEMON CHEESE CAKE.

Take $\frac{1}{2}$ lb. sugar, $\frac{1}{4}$ lb. butter, the yolks of 4 and the whites of 3 eggs, the juice and grated rind of 2 large lemons. Beat all well together, and put in an enamelled saucepan, and stir constantly over the fire until it thickens. Suitable for tarts, jam sandwich, etc.

LEMON JELLY FOR JAM SANDWICH.

Take 1 cup boiling water, the juice and grated rind of 1 lemon, 1 cup sugar, 1 tablespoonful maizena or cornflour. Put the water and sugar on the fire, rub the cornflour smooth with the lemon-juice, and stir it in when the water boils. Leave till cold before putting on the cake.

LEMON SPONGE SANDWICH.

Four eggs, 1 cup sugar, beaten 10 minutes with an egg-beater, 2 small cups of flour, $\frac{1}{2}$ teaspoonful carbonate soda, 1 teaspoonful cream of tartar. Bake on flat tins, turn out on sugared paper and spread with the following mixture:—The grated rind and juice of 1 lemon, $\frac{3}{4}$ cup of white

sugar, 1 cup boiling water. Put it on to boil, and add 1 tablespoonful maizena or arrowroot moistened with a little cold water, stir for a few minutes after it thickens, and when nearly cold spread it between the layers of sponge.

LEMON TEA CAKE.

Rub 1 oz. butter into 1 lb. flour; add 2 oz. sugar, 1 teaspoonful soda, and 1 teaspoonful cream of tartar, the juice and grated rind of a lemon, and a well-beaten egg; mix with milk to a moderately stiff dough, and bake in patty-pans or very shallow round tins.

LEMON OR ORANGE CAKE.

Two cups flour, 2 teaspoonsfuls baking powder, $\frac{1}{4}$ lb. butter, grated rind of 1 lemon or orange, $\frac{1}{2}$ cup of sugar, $\frac{1}{2}$ cup milk, 1 egg. Mix butter and flour together by rubbing lightly, then sugar, baking powder, and rind of lemon. Lastly add egg and milk to stiff paste. Bake in quick oven.

LITTLE CAKES.

Take $1\frac{1}{2}$ cups sugar, 1 cup butter, 4 eggs, $2\frac{1}{2}$ cups flour, one-third cup milk, 1 dessertspoon baking powder; mix the sugar and butter; add the eggs, well beaten; mix the powder with the flour, and add to the butter, etc.; mix all together, and bake in patty-tins 10 to 15 minutes.

LOAF CAKE.

One cup butter, 2 cups flour, 2 cups sugar, 1 cup sweet milk, 4 eggs, 2 teaspoons cream of tartar, 1 teaspoon carbonate soda. Mix as for Little Cakes.

LUNCH CAKE (1).

One lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sifted sugar, $\frac{1}{2}$ lb. raisins, 6 oz. mixed peel, about 1 teacup buttermilk, $\frac{1}{2}$ lb. currants, 4 eggs, $\frac{1}{2}$ teaspoon ground cloves, $\frac{1}{2}$ teaspoon

ground cinnamon, $\frac{1}{2}$ teaspoon allspice, a little grated nutmeg, 1 teaspoon carbonate soda, a pinch of salt; stone the raisins and cut them through; wash and thoroughly dry the currants; cut the candied peel up very finely; dry and sift the flour; put it into a basin, and rub the butter into it lightly with the tips of the fingers till it is like fine crumbs; add the sugar, fruit, salt, and spices; beat up the eggs well and add them; dissolve the soda in a little buttermilk; add it to the rest of the ingredients; mix all into a soft paste, using as much more buttermilk as may be required; line a cake tin with buttered paper; pour the mixture into it, and bake the cake in a moderately hot oven for about $2\frac{1}{2}$ hours. Turn out on a sieve to cool.

LUNCH CAKE (2).

One and a half lbs. flour, $\frac{1}{2}$ lb. sugar, 6 oz. butter, $\frac{1}{4}$ lb. currants, 3 oz. sultanas, a little candied peel, 4 teaspoonfuls baking powder, 3 eggs, 1 cup milk; rub all the dry ingredients together first; then add well-beaten eggs, and milk; well mix, and bake $1\frac{1}{2}$ hours or a little less.

MADEIRA CAKES.

Take $\frac{1}{2}$ lb. flour, 1 teaspoon baking powder, $2\frac{1}{2}$ oz. butter, $2\frac{1}{2}$ oz. sugar, 2 eggs; cream the butter; add the sugar; then the flour and baking powder; then add the well-beaten eggs and flavouring, and bake in patty-tins about $\frac{1}{4}$ hour. Currants or candied peel may be added if liked.

MAIZENA CAKE.

Take 5 oz. sugar, $\frac{1}{2}$ lb. butter, 4 eggs, $\frac{1}{2}$ lb. maizena, $\frac{1}{2}$ teaspoonful of baking powder; mix the butter and sugar well together, then add the eggs and powder; lastly the maizena. Bake in a gentle oven 15 minutes.

MALTA CAKE.

Take 2 eggs, their weight each in butter, flour and sugar, the grated rind of 1 orange, a tablespoonful of milk, and a teaspoonful of baking powder; put the sugar in a basin;

partly melt the butter, and stir it in; then beat the eggs in separately; stir in the milk and orange rind, and afterwards add the flour and baking powder, pour the mixture into a greased tin and spread evenly. Place in a good oven, and bake for $\frac{1}{2}$ an hour. Prepare an icing as follows:—Squeeze the juice of the orange into a basin; pass some icing sugar through a wire sieve; add to the juice as much of the sugar as will bring it to the consistency of double cream. When the cake is done place it upside down on a sieve, and spread the icing evenly over it. Leave the cake to become cold and the icing will harden.

MARBLE CAKE.

One cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, 3 eggs, 2 cups flour, $1\frac{1}{2}$ teaspoonfuls baking powder; take a little of the batter out and mix chocolate with it; put alternately into a buttered mould and bake 1 to $1\frac{1}{2}$ hours.

MOUNTAIN CAKES.

Two cups flour, 1 cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, 2 eggs, 2 teaspoonfuls cream of tartar, 1 of carbonate of soda; mix, and bake in greased patty-pans.

NANTWICH CAKE.

Three eggs, 4 oz. butter, 4 oz. flour, 4 oz. sugar, 2 oz. cocoanut, 6 drops of carmine or cochineal. Grease well a Yorkshire pudding tin with lard, butter, or mutton fat; sprinkle over the tin about one-third of the cocoanut; place in a basin the butter and sugar; add the carmine and beat all to a cream; in another basin beat the eggs till very light, and then add them by degrees to the butter and sugar; add at last the flour and remainder of the cocoanut; pour the mixture into the greased tin, and bake in a moderate oven for 30 minutes. Turn out the cake on a sheet of paper over which has been sprinkled a little sugar. When quite cold cut it into pieces 2 in. wide and 3 in. long, and sprinkle over the pieces a little white sugar. Fine pastry flour ought to be used for this cake. If ordinary flour is used $\frac{1}{2}$ teaspoonful baking powder must be added.

YOLKOVA gives the Cakes a finishing touch.

PASSION FRUIT CAKE.

Quarter lb. butter, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. flour, 3 eggs, $\frac{1}{2}$ small teacup milk, 1 teaspoonful baking powder. Mix all ingredients, adding flour last, in which baking powder has been mixed, bake in buttered sandwich tin. Boil a little icing sugar and passionfruit together. When cool, spread between. Make icing for top, with icing sugar and passion-fruit juice.

PLAIN CAKE.

One dessertspoonful butter, 1 cup sugar, 1 cup flour, $1\frac{1}{2}$ teaspoonfuls baking powder, 2 eggs, $\frac{1}{2}$ cup of milk; melt the butter, then add the sugar, flour and baking powder; beat the eggs, and mix them with the milk and a few drops of essence of lemon. Stir all together and bake in a moderate oven 1 hour.

LARGE PLAIN CAKE.

Take 2 lbs. flour, $1\frac{3}{4}$ lbs. sugar, 1 lb. butter, 8 eggs, 3 teaspoonfuls baking powder, 2 cups milk, 2 teaspoonfuls essence of lemon, 1 teaspoonful essence almond. Beat the butter and sugar to a cream, add the eggs well beaten, then the flour, through which the baking powder has been well mixed, then the milk, lastly the essence. Bake in a buttered tin $1\frac{1}{2}$ hours.

GOOD PLAIN CAKE.

Take 4 eggs, weigh them, put the same weight of powdered sugar, the weight of 3 in flour, a teaspoonful of baking powder, a little essence of lemon or grated rind and the juice of $\frac{1}{2}$ a lemon. Whisk the eggs well, then add the sugar and flavouring, and beat well again; have the flour and powder sifted and put it in gradually. Mix all quickly, and bake in a nice oven from 1 hour to $1\frac{1}{4}$ hours.

PLUM CAKE.

Take $1\frac{1}{2}$ lbs. flour, 1 lb. butter, 1 lb. sugar, 10 eggs, 1 lb. raisins, 1 lb. currants, $\frac{1}{4}$ lb. cut peel. 3

teaspoonfuls baking powder. Beat the butter to a cream, add the sugar, then the eggs, then the flour and baking powder, and lastly the fruit and peel. Line a cake-tin with buttered paper, and bake in a moderate oven 2 to 2½ hours.

PLUM CAKE, PLAIN.

Take ½ lb. butter beaten well, add ½ lb. sugar and 4 well-beaten eggs, add ½ pint of milk, 2 lbs. flour, ¼ lb. carraway seeds or ½ lb. of plums, add 3 teaspoonfuls baking powder. Bake in a buttered dish 2 hours.

POUND CAKE.

Take ¾ lb. flour, ½ lb. butter, ½ lb. sugar, 4 eggs, ¼ lb. mixed peel, ¼ lb. sultanas, ½ teaspoonful baking powder, essence of lemon. Put the butter and sugar in a basin and beat with a spoon till perfectly white. Beat the eggs for 10 minutes and stir in, mixing thoroughly. Add the flour gradually, beating constantly. Add the fruit and baking powder. Bake about 1 hour. Ice the cake when done.

RICH POUND CAKE.

Take 1¼ lbs. of flour, 1 lb. sugar, 1 lb. butter, 2½ lbs. fruit, 9 eggs, peel and essence to taste, 1 teaspoonful baking powder. Cream the butter and sugar with the hand. Beat the whites and yolks separately, then together, and then add to the butter and sugar, then the flour and powder, and last the fruit, peel and essence. Bake in moderate oven.

SOFT POUND CAKE (1).

Take 1¼ lbs. flour, 1 lb. sugar, ½ lb. butter, 1 cup milk, 2 teaspoons cream of tartar, and 1 teaspoon carbonate of soda, a little more than 1 cup currants, 4 eggs, a little candied peel and flavouring. Beat butter and sugar to a cream, add the eggs, beating all the time; then the milk, currants and flavouring. Lastly add the flour, soda, and cream of tartar, which should be well blended. Bake in a well-greased meat baking-dish for 1 hour.

SOFT POUND CAKE (2).

Take 1 lb. sugar, 1 lb. flour, $\frac{1}{2}$ lb. butter, 1 even teaspoonful soda, 2 teaspoonfuls cream of tartar, 5 eggs, 1 cupful of sweet milk. This makes 2 good cakes. Flavour with currants, citron, nutmeg, or vanilla. Mix as the foregoing.

PRINCE OF WALES' CAKES.

Take $\frac{1}{4}$ lb. flour, $\frac{1}{4}$ lb. cornflour, 5 oz. butter, $\frac{1}{4}$ lb. sugar, 1 egg, $\frac{1}{2}$ teaspoon baking powder; beat butter and sugar to cream; add the egg; sift in the flour, cornflour, and powder; put into greased patty-tins, and bake in a quick oven for 10 minutes.

QUEEN CAKE.

Take $1\frac{1}{2}$ lbs. flour, 6 oz. butter, 6 oz. sugar, 2 oz. peel, 3 oz. almonds, 4 eggs, not quite $\frac{1}{2}$ pint milk. Beat the butter to a cream, whisk the eggs, yolks and whites separately, blanch and chop the almonds, and cut the peel in small pieces; mix thoroughly together, add the milk and flour, beat for 10 minutes. Bake $1\frac{1}{2}$ to 2 hours in a shallow tin in a moderate oven.

QUEEN CAKES.

Take 1 oz. butter, $\frac{1}{4}$ lb. sugar, $\frac{1}{2}$ lb. flour, 2 eggs and a little milk; mix a teaspoonful of baking powder in the flour, rub in the butter, add the other ingredients, put some currants in buttered tins, and half fill them with the mixture. Bake in a moderate oven 10 to 15 minutes.

QUEEN'S CAKE.

Take $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 4 eggs, $\frac{3}{4}$ lb. flour, 6 oz. currants, 2 oz. lemon-peel, $\frac{1}{2}$ teaspoon baking powder; beat the butter and sugar to a cream; add the eggs one at a time, then the currants, flour, lemon-peel, and baking powder; mix thoroughly, then drop on a well-buttered tin, and bake in a quick oven for 10 minutes.

RAILWAY CAKE.

Take 1 cup of sugar, $\frac{1}{4}$ lb. butter, 4 eggs, $\frac{3}{4}$ lb. flour, 8 tablespoons milk, essence of lemon or the grated rind of a lemon; beat the butter and sugar to a cream, then add the well-beaten eggs and milk; stir well, then add the other ingredients. Bake as a sandwich cake or as plain cake, in a square tin dish, with some candied peel added. Ice this, and when cold cut into fancy shaped pieces.

RAINBOW CAKE (1).

Beat 1 lb. sugar and $\frac{1}{2}$ lb. butter to a cream, add 6 eggs, one at a time, and 1 small breakfastcup of milk; then add 1 lb. flour, 2 teaspoonfuls cream of tartar, and 1 teaspoonful carbonate soda; mix together and beat for a few minutes; then divide the mixture into 3 equal parts; one flavoured with essence of lemon, one flavoured with lemon and coloured with cochineal, and one flavoured with vanilla and coloured with 4 teaspoonfuls cocoa mixed with water. Make an icing as follows:—2 cups of sugar dissolved in a little hot water; boil and stir till it threads from the spoon; beat the whites of 2 eggs till firm. After boiling the sugar mix it with the whites of eggs, and stir till cool and creamy; flavour with essence of almond; then put it between each layer, and on the top; afterwards sprinkle ground coconut over the whole.

RAINBOW CAKE (2).

Take 2 cups flour, 1 cup sugar, $\frac{1}{2}$ cup milk, 3 eggs (leaving white of 1 to beat up for icing), 1 large tablespoon butter, $\frac{1}{2}$ teaspoon carbonate soda, $\frac{1}{2}$ teaspoon cream of tartar; mix to a smooth paste; divide into 3 equal parts; colour one with chocolate and one with cochineal. Cook and arrange as above.

RAISIN CAKE.

Take $1\frac{1}{2}$ cups sugar, two-thirds cup butter, two-thirds cup milk, 3 cups flour, 1 cup chopped raisins, 3 eggs, $1\frac{1}{2}$ teaspoonfuls baking powder. Mix the dry ingredients, then add the eggs and milk, beating all well together. Good either baked whole or in patty-tins.

RAMSAY CAKE.

Take $\frac{1}{2}$ lb. flour, 6 oz. sifted sugar, 3 eggs, the grated rind of a lemon, 6 oz. sultanas, 6 oz. butter, 2 oz. cocoanut, a pinch of salt, nutmeg, and cinnamon; beat the butter to a cream with the sugar, and add the other ingredients by degrees. The eggs must be well whisked. Bake nearly 2 hours in a moderate oven in a deep tin lined with buttered paper.

RICE BUNS.

Take $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ lb. rice flour, $\frac{1}{2}$ lb. of flour, $1\frac{1}{2}$ teaspoons baking powder, 2 eggs, and the grated rind of a small lemon; beat the sugar and butter to a cream; then put in the eggs well beaten; add the rice flour; rub the common flour and baking powder through a sieve, and beat it with the other things; put about a dessertspoonful at a time on a well greased baking sheet; egg them over, and sift a little sugar on each. Bake in a hot oven about 10 or 15 minutes.

ROCK CAKES.

Take 1 lb. flour, $\frac{1}{4}$ lb. dripping or lard, $\frac{1}{4}$ lb. moist sugar, $\frac{1}{4}$ lb. currants, 2 oz. candied peel, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon ground ginger or mixed spice, a pinch of salt, 1 egg, a little milk; wash and dry the currants; cut the peel into thin slices; put the flour into a basin; rub dripping into it lightly; add the other ingredients; mix well; beat up the egg well; add a little milk; mix all into a very stiff paste with the egg and milk, adding more milk if required; drop the mixture on a flat baking-tin, well greased, in little rough heaps, leaving a space between each; bake them at once in a very quick oven for about $\frac{1}{4}$ hour. Stand them up slanting against something to cool.

ROCK CAKES WITHOUT EGGS.

Take 2 lbs. flour, 1 lb. sugar, 1 lb. butter, $\frac{1}{4}$ lb. currants; mix well, and add very slowly a little warm milk till very rocky and stiff; mix 4 teaspoonfuls baking powder with the flour. Bake on meat tins 15 to 20 minutes.

SAND CAKE.

Beat $\frac{1}{4}$ lb. sugar to a cream with $\frac{1}{4}$ lb. butter (beat the sugar first); add the yolks of 4 eggs; beat thoroughly; add essence of lemon, and 6 oz. of sifted flour, and 1 teaspoon baking powder, 1 or 2 oz. of peel, and last of all the whites of 4 eggs beaten to a stiff froth; mix gently, but do not beat after adding the stiff whites. Bake in a round shallow tin.

SCOTS CAKE.

Mix 1 lb. brown sugar, 1 lb. flour, $\frac{1}{2}$ lb. butter, 2 eggs, 1 teaspoonful ground cinnamon. Roll very thin and bake.

SHORTBREAD (1).

Mix $1\frac{3}{4}$ lbs. sifted flour, $\frac{1}{4}$ lb. ground rice, and 1 teaspoonful baking powder; beat 1 lb. butter to a cream, and add 6 oz. sugar; knead into the butter and sugar as much of the flour, etc., as it will take; in winter, $1\frac{3}{4}$ lbs. will be enough; make into 6 flat cakes; mark the sides, and prick all over. Bake in a slow oven 25 minutes. A few almonds may be put on the cakes, or a name marked in little white sweets.

SHORTBREAD (2).

Seven oz. flour, 1 oz. rice flour, $\frac{1}{4}$ lb. butter, 3 oz. sugar, $\frac{1}{2}$ teaspoonful baking powder. Beat butter and sugar together, then gradually add the flour, kneading well, work up into a stiff paste, cut into pieces about $\frac{1}{2}$ in. thick, and bake in not too slow an oven from a $\frac{1}{4}$ to $\frac{1}{2}$ hour.

SILVER CAKE.

Take $1\frac{1}{2}$ cups of sugar, $\frac{1}{2}$ cupful of butter, $\frac{3}{4}$ of a cupful of milk, 3 cupfuls of flour, 3 teaspoonfuls of baking powder, and the whites of 8 eggs; mix the butter and sugar to a cream; add the milk; sift in half of the flour, which has been previously mixed with the baking powder, and add half of the egg; beat well; then sift in the remainder of the flour and add the rest of the egg; flavour to taste with almond flavouring. Bake 1 hour in a well-heated oven.

SNOW CAKE.

Take $\frac{1}{2}$ teacup butter, 1 cup sugar, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup sweet milk, the whites of 4 eggs, 1 heaped teaspoonful baking powder, sifted with the flour; flavour with lemon. Bake in a moderate oven $\frac{3}{4}$ to 1 hour.

SCOTS SNOW CAKE.

Take 1 lb. arrowroot, $\frac{1}{2}$ lb. pounded white sugar, $\frac{1}{2}$ lb. butter, the whites of 6 eggs, flavouring to taste; beat the butter to a cream; stir in the sugar and arrowroot gradually, at the same time beating the mixture; whisk the whites to a stiff froth, and add them to the other ingredients, beating them all 20 minutes; put in the flavouring, and place in a buttered mould and bake in a moderate oven for 1 or $1\frac{1}{2}$ hours.

SODA CAKE (1).

Take 1 lb. flour, $\frac{1}{4}$ lb. butter, rubbed together till quite fine; add $\frac{1}{2}$ lb. moist sugar, $\frac{1}{2}$ lb. currants or raisins, a little grated nutmeg, 2 beaten eggs, some salt, and $\frac{1}{2}$ pint warm milk with a teaspoonful of carbonate of soda dissolved in it. Beat the mixture very well, and bake in a quick oven $1\frac{1}{2}$ or 2 hours.

SODA CAKE (2).

Take $1\frac{1}{2}$ lbs. flour, 6 oz. butter, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. raisins, $\frac{1}{4}$ lb. currants, 2 oz. peel, $1\frac{1}{2}$ oz. caraway seeds, 1 teaspoon ground cloves, $\frac{1}{2}$ teaspoon carbonate of soda, 1 tablespoon vinegar, $\frac{3}{4}$ pint milk; rub the butter into the flour till it is like fine bread-creumbs; wash and thoroughly dry the currants; stone and chop the raisins; cut the peel into dice; mix the dry ingredients all together; add the vinegar and enough milk to form mixture into stiff consistency; place in a greased cake tin, and bake in a moderate oven 2 hours. Test by thrusting a bright skewer into the centre; if perfectly clean the cake is sufficiently baked.

SEED CAKE.

6 oz. butter, 8 oz. sugar, 12 oz. flour, 5 eggs, 1 tablespoon carraway seeds, $1\frac{1}{2}$ teaspoons baking powder. Beat butter and sugar, add eggs and beat well, lightly stir in flour and baking powder, then add seeds. Bake in prepared tin for $1\frac{1}{2}$ hours. A little candied peel may be cut into dice and added with seeds. A richer seed cake may be made by using 6 oz. butter, 8 oz. sugar, 10 oz. plain flour, 2 oz. cornflour, 6 eggs, $\frac{1}{2}$ teaspoon carb. soda and 1 teaspoon cream of tartar, 2 oz. seeds, and 2 oz. citron peel. Bake 2 hours.

SPONGE CAKE (1).

Take 11 eggs, the same weight of sugar, half the weight of flour, 14 drops of essence of bitter almonds, 1 egg extra. Beat the yolks and whites separately for 20 minutes, mix the sugar with the yolks, add the whites by degrees; put the flour in last. Butter a tin and bake fully an hour.

SPONGE CAKE (2).

Take 1 cup of sugar, 5 eggs, beaten well together for $\frac{1}{2}$ hour; then add 1 cup flour, 1 teaspoonful baking powder, and the juice of $\frac{1}{2}$ lemon. Bake in a well-heated oven for $\frac{3}{4}$ hour.

SPONGE CAKE (3).

To each egg you use, add $1\frac{1}{2}$ oz. of sugar, 1 oz. of flour, 1 dessertspoonful of water. Beat the yolks and whites separately (only using half the whites), then mix them together, add the sugar and water boiling, beat until nearly cold, add flour, and bake in a moderate oven.

SULTANA CAKE (1).

Beat $\frac{1}{2}$ lb. butter to a cream; add $\frac{1}{2}$ lb. sifted sugar, and beat a little longer; add 2 eggs, and beat for a few minutes, and so on until you have added 6 eggs; then mix

1 lb. sultanas and $\frac{3}{4}$ lb. flour together, and stir gently into the butter and eggs; line a tin with buttered paper; pour in the mixture, and bake in an ordinary oven for $1\frac{1}{2}$ hours.

SULTANA CAKE (2).

Rub $\frac{1}{4}$ lb. butter into $\frac{1}{2}$ lb. flour. Add $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ lb. sultanas, 1 oz. candied peel, 1 teaspoonful baking powder, a little grated lemon-peel, 2 eggs, $\frac{1}{2}$ cup milk. Mix into a soft paste, butter a tin, and bake in a moderate oven for $1\frac{1}{4}$ hours.

SULTANA CAKE (3).

Take 1 lb. butter, $1\frac{1}{2}$ lbs. flour, 1 lb. sugar, 1 lb. sultanas, 8 eggs, 2 oz. citron peel, 1 oz. almonds. Beat the butter and sugar well, then add the eggs well beaten, flour, sultanas, peel cut small, and the almonds blanched and chopped. Beat well $\frac{1}{4}$ hour, and bake from $1\frac{1}{2}$ to 2 hours.

SWISS ROLL.

Take 2 eggs (a pinch of salt makes them light), $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ teaspoon carbonate soda, well beaten together. Add 1 cup flour, $\frac{1}{2}$ teaspoon cream of tartar, if too stiff add a spoonful of water. Mix well, pour into a buttered tin, and bake 6 or 7 minutes in a moderate oven. Sprinkle a damp cloth with sugar, turn the cake on to it, spread with jam, and roll quickly.

TENNIS CAKES.

Take 4 cups flour, 3 cups sugar, 2 cups milk, 1 cup butter melted, 6 eggs, 1 teaspoon carbonate soda, 2 teaspoons cream of tartar. Mix the dry ingredients first, then add the milk, the eggs slightly beaten, lastly the butter. Bake in patty-pans, and sprinkle the tops with currants or candied peel.

TERANG CAKE.

Take 1½ lbs. flour, ½ lb. currants, ½ lb. sugar, 1 lb. butter, 1 teaspoonful carbonate soda, 1 teaspoonful cream of tartar, 4 eggs, milk, and peel. Mix the butter and sugar, add the flour, currants, and peel. Beat up the eggs well, add them and the milk. Bake about 1¼ hours.

THURSO CAKES.

Take 1 cup flour, 1 cup self-raising flour, 1 cup sugar, ¼ lb. butter, 2 eggs, flavour with essence of almonds; drop in small spoonfuls on the oven shelf, and cook in a moderate oven ¾ to 1 hour.

VANITY CAKE (1).

Take 1 cup flour 1¼ cups sugar, 1 cup milk, 2 eggs, 1 tablespoon butter, 2 teaspoons baking powder. Mix flour, baking powder, and sugar, then add butter, then mix eggs and milk. Bake 40 to 45 minutes.

VANITY CAKE (2).

Beat well together 1 cup sugar and 2 eggs. Add 1 cup sweet milk, 1 tablespoon butter, 2 cups flour, and 2 teaspoons baking powder. Bake 1 hour.

VELVET CAKE.

Take 1 lb. sugar, 1 lb. flour, ½ lb. butter, 4 eggs, 1 teacup cold water, 1 teaspoon cream of tartar, ½ teaspoon carbonate soda. Dissolve the soda in water, sift the cream of tartar into the flour, beat the sugar and butter to a cream, add the flour and water, stirring well; next add the eggs well beaten, flavour with a few drops of essence of lemon. Beat all together for 3 minutes, and bake 1 hour.

VICTORIA CAKES.

Whisk 1 egg, mix with it 2 oz. fine sugar. Beat 2 oz. butter to a cream, stir into it a large tablespoon of ground rice, 1 oz. currants, and a few thin strips of candied peel, then add the egg and sugar, and stir in a little flour (about 1 oz.) Bake in patty tins 8 to 10 minutes.

VICTORIA OR JAM SANDWICH.

Take 1 cup of flour, 1 cup of sugar, 3 eggs, 1 teaspoon of baking powder, 1 teaspoon of butter, 4 tablespoons of boiling water. Beat sugar and eggs together well, add flour and baking powder, then the boiling water in which the butter has been melted. Bake in sandwich tins in a moderate oven; turn out upon paper sprinkled with icing sugar, spread one with jam and turn the other over upon it.

WARBRECCAN CAKE.

One cup sugar, 2 cups flour, $\frac{1}{2}$ cup milk, yolks of 4 eggs, whites of 2 eggs, essence of vanilla, $\frac{1}{2}$ lb. of butter, $1\frac{1}{2}$ teaspoonsfuls of baking powder. Beat the butter to a cream, add sugar and eggs, milk and essence, lastly flour; put in two tins or in one large one, and cut in half, spread with lemon cheese, place together, and ice; then sprinkle with desiccated cocoanut.

WARTICAN CAKE.

Take $\frac{3}{4}$ cup sugar, 2 cups flour, $\frac{3}{4}$ cup milk, $\frac{3}{4}$ cup butter, 1 teaspoonful of baking soda (dissolved in the milk), 2 teaspoons cream of tartar (well mixed with the flour), 4 eggs. Beat the butter and sugar to a cream, add the yolks of 4 eggs and the milk, then the flour. Mix well and bake in 4 shallow round tins for 20 minutes. Beat the whites of eggs on a plate till quite stiff, then add 1 lb. castor sugar gradually, and $\frac{3}{4}$ of a teacup of desiccated cocoanut. When the cakes are baked place them one above the other with the icing spread between and the remainder of the icing on the top. Set the cake aside to cool, but do not put it again in the oven.

WHITE CAKE.

Take $\frac{3}{4}$ lb. flour, $\frac{1}{2}$ lb. sugar, $\frac{1}{4}$ lb. butter, 3 eggs, 1 gill milk, 1 teaspoonful baking powder, some essence of lemon. Put the sugar and butter into a basin, beat them together with the hand, add the milk; mix the baking powder with the flour, add the essence of lemon and lemon-peel. Bake about $1\frac{1}{4}$ hours.

WINDSOR CAKE.

One cup butter, 2 cups sugar, 4 cups flour, 1 cup water or milk, and 4 eggs. To the flour add 1 teaspoon cream of tartar, and $\frac{1}{2}$ teaspoonful carbonate of soda. Beat the butter and sugar to a cream, then add the beaten eggs, next the milk; after adding the flour bake immediately.

ANGEL CAKE (PURE WHITE).

White of 11 eggs, 1 cup Vienna flour, $1\frac{1}{2}$ cups castor sugar, 1 teaspoonful cream of tartar, 1 teaspoonful vanilla.

Beat whites very stiff. Sift flour, sugar and cream of tartar together, putting them through the flour sifter 4 times, then lightly and gradually shake them into the whites, add vanilla, pour into an ungreased but floured tin, and bake in a very moderate oven for 40 minutes.

ALMOND CHEESECAKES.

For the filling, beat 2 oz. of butter to a cream, add the same of castor sugar, then the yolk of one egg, 3 oz. of ground almonds, and 6 drops of ratafia essence. Whip the white of egg stiffly, and stir into the other ingredients. Line a dozen and a half of small fluted patty tins, well-greased, with rich pastry, put in each a small teaspoonful of raspberry jam, then some of the almond mixture on top. Bake in a brisk oven about twenty minutes. If liked, a narrow crossbar of pastry may be placed over the tops of the cheesecakes. These dainty little confections can be served with other small pastries, or by themselves, on a fancy paper d'oyley.

JAM DROPS.

$\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup butter, 2 eggs, 2 cups flour, 2 teaspoons baking powder. Beat butter and sugar to cream; add eggs, then the flour. Make into stiff balls; press a hole in the middle and fill with jam. Bake in a quick oven.

PLAIN CAKE.

1 tablespoon butter, 2 tablespoons clarified dripping, 3 tablespoons sugar, 5 tablespoons flour, 1 teaspoon baking powder, peel of 2 lemons sliced, 2 eggs, a handful sultana plums.

Rub the butter and dripping into the flour (in which the baking powder has been already mixed); add the other ingredients, mixing lightly into a soft paste. Bake in moderate oven for 1 hour or more.

SPICED SANDWICH.

1 cup flour (heaped), $\frac{1}{2}$ cup sugar, 1 heaped tablespoon butter, 2 eggs, $\frac{1}{2}$ cup golden syrup, $\frac{1}{2}$ cup milk, 2 teaspoons ginger, 1 grated nutmeg, $\frac{1}{2}$ teaspoon baking soda, 1 teaspoon baking powder. Bake in a quick oven.

FILLING.—1 large tablespoon butter beaten with 2 of icing sugar till very light; flavour with vanilla; put between sandwich; spread thin layer over top and press dessicated cocoanut on top.

SPONGE ROLL.

1 cup flour; 1 cup sugar, 3 eggs, 2 teaspoons baking powder, and lastly 1 teaspoon butter dissolved in a little warm milk.

BROWN SCONES.

4 cups flour, 1 tablespoon treacle mixed in the milk, with walnut of butter, 2 teaspoons baking powder, and a little salt.

BUCHANBAR SULTANA CAKE.

1 cup butter, 2 cups sugar beaten to a cream, 4 eggs beaten in separately; 1 cup milk or water (cold), 1 cup sultanas, $\frac{1}{4}$ lb. mixed peel, essence of lemon to taste, 3 cups flour with a little baking powder added. Stir well, but do not beat the mixture. Bake $1\frac{1}{4}$ hours gradually reducing the heat. Dripping may be used instead of butter or half and half. If a more solid cake is liked, use another cup of flour.

LIGHT BUNS (No. 2).

2 good tablespoons butter and a small cup soft white sugar mixed to a cream (beaten with a fork). Add 2 eggs, and beat until well mixed. Then add about $\frac{1}{2}$ cup sweet milk, and beat again. About one small cup each of flour and cornflour, and a piled teaspoon of baking powder sifted together and added last. The paste must be fairly stiff. If necessary, add more flour. Bake in a fairly hot oven.

BISCUITS, SCONES, &c.

COCOANUT BISCUITS.

Take 5 oz. flour, 3 oz. butter, 3 oz. sugar, 1 egg, 2 tablespoons desiccated cocoanut, $\frac{1}{2}$ teaspoon carbonate soda. Rub the butter well into the flour, add the sugar, then the egg well beaten. When well mixed, pull pieces off into little buttons, and bake on a tin 10 minutes.

CORNFLOUR BISCUITS.

Take 12 tablespoons flour, 6 tablespoons cornflour, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. butter, 3 teaspoons baking powder, and a little salt. Mix the flours and powder thoroughly. Beat the sugar and butter to a cream, into which beat 6 eggs, 1 at a time; then beat for 15 minutes. Then stir in the flour, roll out, cut into shapes, and bake in a quick oven.

DATE BISCUITS.

One lb. of flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 1 teaspoonful cream of tartar, $\frac{1}{2}$ teaspoonful of carbonate of soda, 2 eggs, little milk. Rub butter into flour in which other ingredients have been mixed, drop in eggs whole, and mix thoroughly. Roll out $\frac{1}{4}$ inch thick, cut biscuit size, fold over with date between. Bake in moderate oven till a pale brown.

LIGHT BISCUITS.

Take 1 lb. flour, $\frac{1}{2}$ lb. sugar, 6 oz. butter, 3 eggs, $\frac{1}{4}$ teaspoon carbonate soda, $\frac{1}{2}$ teaspoon cream of tartar, a few drops of essence of lemon or ratafia. Mix flour and powder together, rub in the butter, add the sugar, beat the eggs and essence. Mix with the other ingredients, roll rather thin, cut into shapes, brush over with egg, and strew with sugar. Bake in a brisk oven.

FANCY BISCUITS.

Half lb. flour, $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. castor sugar, 1 egg, and some jam, a pinch of ground ginger, $\frac{1}{4}$ teaspoonful ground cinnamon. Sift flour, rub the butter into it, add cinnamon, ginger, and sugar, beat the egg well, add and make into a stiff paste, roll out thinly, cut into oval shapes, bake in a slow oven 15 minutes. Stick two together with jam, cover with boiled icing, half pink and half white.

PLAIN GINGER BISCUITS.

Take 1 lb. flour, $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ lb. clarified dripping, 1 tablespoon treacle, 1 teaspoon ground ginger, $\frac{1}{2}$ teaspoon cream of tartar, $\frac{1}{4}$ teaspoon carbonate soda. Mix with luke-warm water, roll out, cut into shapes, and bake in a quick oven.

IMPERIAL BISCUITS.

Take 1 lb. flour, 1 lb. sugar, $\frac{1}{4}$ lb. butter, 3 eggs, 1 teaspoonful powdered ammonia, milk enough to moisten. Mix to a soft paste, roll into balls the size of marbles, and put on a tin to bake.

ITALIAN BISCUITS.

One lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 1 teaspoon nutmeg, 2 teaspoons cinnamon, $\frac{1}{2}$ teaspoon carbonate soda, 1 teaspoon cream of tartar, $\frac{1}{2}$ cup milk. Mix well, roll out thin, cut with a wineglass, and bake in a brisk oven. Stick two together with a tiny bit of raspberry jam. If wanted ornamental put a small bit of icing on each.

LEMON BISCUITS (1).

Take 1 lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 2 eggs, a few drops essence of lemon, 1 teaspoon carbonate soda, 2 teaspoons cream of tartar. Beat the butter to a cream, add the sugar, drop in the eggs, and beat well. Mix the cream of tartar with the flour, melt the soda in a little water, then mix all together. Roll out, and cut into shapes.

LEMON BISCUITS (2).

Mix 1 lb. flour, 1 lb. sugar, 1 lb. butter, 4 eggs, and a little milk if required, $1\frac{1}{2}$ teaspoons ammonia, 12 drops essence lemon. Roll thin, and bake in a hot oven. These will keep a month if required.

LUNCHEON BISCUITS.

Nearly $\frac{1}{2}$ lb. sugar, $\frac{3}{4}$ lb. flour, $\frac{1}{2}$ lb. butter, 2 eggs, $\frac{1}{2}$ teaspoonful vanilla, $\frac{1}{2}$ teaspoonful baking powder. Beat the butter and sugar to a cream, beat the eggs and add along with the flavouring. Mix the flour and powder, and sift gradually in. Bake in patty-pans.

OATMEAL BISCUITS (1).

Take 5 oz. oatmeal, 3 oz. flour, 1 oz. sugar, 2 oz. lard or butter, $\frac{1}{4}$ teaspoonful carbonate soda, 1 egg, a little ginger, and hot water. Mix all into a rather dry paste, roll out very thin, and bake $\frac{1}{4}$ hour in a moderate oven.

YOLKOVA in Rice Puddings is fine

OATMEAL BISCUITS (2).

One heaped breakfastcup each of flour and oatmeal, 2 tablespoons butter, 4 tablespoons sugar, $1\frac{1}{2}$ tablespoons milk, 1 teaspoon baking powder, 1 egg. Rub the butter into the flour, add the oatmeal, sugar, and powder, then the beaten egg and milk. Roll out thin, and bake in a slow oven.

PICNIC BISCUITS.

Take 1 lb. flour, $\frac{1}{2}$ lb. sugar, $\frac{1}{4}$ lb. butter, 3 eggs, 1 teaspoon baking powder, flavouring to taste. Mix very stiff, roll out, and cut round. Bake about 10 minutes.

RATAFIA BISCUITS.

Three cups flour, $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ lb. butter, 4 eggs, $1\frac{1}{2}$ teaspoons cream of tartar, 1 teaspoon carbonate soda, 2 large teaspoons ratafia essence. Mix all the dry ingredients together; melt the butter in the oven, and when quite melted and hot mix with the well-beaten eggs. Mix all well together, break off small pieces, and roll in crushed loaf sugar. Bake on a greased tin.

SAVOY BISCUITS.

Beat the yolks of 12 eggs very well, strewing in as you beat 1 lb. fine sugar, and beat to a cream. Beat 6 whites to a solid froth, and add. By degrees add $1\frac{1}{4}$ lbs. flour. Put into long, fluted tins or pieces of paper pinned together 2 spoonfuls of the dough. Put sugar over the top just at the last minute. Bake in a mild oven 8 minutes. When cooked lay the biscuits back to back as they come out of the oven.

VANILLA BISCUITS.

Take $\frac{1}{4}$ lb. butter, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. flour, 2 eggs, 1 teaspoon baking powder, 3 oz. currants, a little essence of vanilla. Mix the butter and sugar, add the currants and flavouring, then the flour and baking powder, and moisten with the eggs well beaten. Roll out the dough thin, and cut into shapes. Bake on a floured tin in a moderate oven.

VIENNA BISCUITS.

Beat 5 eggs for $\frac{1}{4}$ hour with $\frac{1}{2}$ lb. sugar, add gradually $\frac{1}{2}$ lb. flour, and beat again till light and smooth. Butter some baking dishes, dredge with powdered white sugar; put the biscuits on them, and bake in a brisk oven for 10 minutes.

BACHELOR'S BUTTONS.

Take 4 oz. butter, 5 oz. sugar 10 oz. flour, 1 teaspoon baking powder. Beat the butter and sugar well, stir in the flour and powder, then two eggs well beaten. Flavour with almond. The mixture must be very stiff. Roll into balls, and sprinkle with sugar. Bake in a rather quick oven.

BREAKFAST ROLLS.

Take 1 lb. flour, $\frac{1}{2}$ teaspoon salt, 1 tablespoon butter, 1 dessertspoon baking powder, a little sweet milk. Rub the butter into the flour, add the powder and salt, mix with a wooden spoon into a nice dough, just adding sufficient milk to thoroughly moisten the flour. Turn out on to a board, knead a little, form into rolls, brush the tops with milk, and cook in a hot oven 10 minutes.

BUTTER ROLLS.

One lb. flour, 3 teaspoons baking powder, 1 tablespoon butter or dripping, 1 cup sweet milk. Mix the powder with milk, and knead it well. Roll out thin, and cut into shapes. Fold in half, corner ways, and wet the edges and top with milk. Bake in a hot oven.

CHEESE STRAWS.

Grate $\frac{1}{4}$ lb. cheese with $\frac{1}{4}$ lb. butter, and cayenne to taste. Mix on a floured board, cut into shape, bake in a brisk oven. Watch them closely, as they colour quickly. Be careful not to break.

COCOANUT DAINTIES.

Take 4 tablespoons grated cocoanut, the white of 1 egg, 2 tablespoons powdered sugar. Beat the egg stiff, then add the sugar, and beat well again, then add the cocoanut. Drop on buttered paper, and bake 15 minutes.

COCOANUT MACAROONS.

The whites of 2 eggs beaten to a stiff froth, 1 spare breakfastcup fine white sugar. Beat till firm enough to keep shape alone, add 3 tablespoons desiccated cocoanut; drop immediately upon white paper thickly strewn with sugar. Bake in a very slow oven till firm and lightly coloured.

COFFEE ROLLS OR SCONES.

One lb. flour, 2 teaspoonfuls cream of tartar, 2 dessert-spoonfuls sugar, 2 dessertspoonfuls butter, 1 teaspoonful carbonate of soda, 1 egg, 1 cup milk. Beat sugar, butter, and egg together, then add milk, then flour, in which powders have been previously mixed. Roll thin, cut into squares and fold two corporers over to make them look like rolls. Bake in a quick oven and eat like scones.

CURRENT SCONES.

Half lb. flour, 1 teaspoonful baking powder, 2 oz. butter or dripping, 2 oz. sugar, 4 oz. currants (clean and dry), or sultana raisins. Rub butter lightly into flour in which baking powder and sugar have been mixed. Add currants and enough sweet milk to moisten it. Roll out $\frac{1}{2}$ inch thick, and bake on girdle or in oven.

CRUMPETS.

Take 1 lb. flour, 1 teaspoonful baking soda, 1 teaspoonful cream of tartar, 1 teaspoonful sugar. Mix to a dough with buttermilk, and put into a hot greased griddle with a spoon. One egg is an improvement.

BUTTER ICING.

Blend 1 tablespoon butter with 4 tablespoons sifted icing sugar, add vanilla or any flavouring liked and spread evenly over cake.

FRUIT ICING.

The juice of passion fruit, orange, or lemon mixed with sufficient icing sugar to make it stiff enough to spread.

DOUGH NUTS.

Six oz. flour, 2 oz. butter, 2 oz. sugar, 1 egg, $\frac{1}{2}$ teaspoon baking powder, some jam, and a little milk. Rub the butter into the flour, add the sugar and baking powder, beat the eggs and add the milk. Make into a stiff paste, roll out thin, cut with a small biscuit cutter, put a little jam in the centre, wet the edges, place another round on the top, pinching the edges well together. Have a pan of boiling fat, drop the cakes into it, fry a golden brown. Drain on white paper, and pile on a folded serviette, dusting some icing sugar over them. The single round without any jam are sometimes used.

HOT GINGER CAKES.

Heat 1 pint buttermilk, pour in a bowl with 1 pint treacle, add 1 dessertspoon soda, and 1 dessertspoon extract of ginger. Stir in flour enough to make it stiff, work in $\frac{1}{4}$ lb. butter, knead 10 minutes, cut in cakes and bake.

GINGER NUTS.

Two lbs. flour, $\frac{1}{2}$ lb. brown sugar, 1 oz. ginger, $1\frac{1}{2}$ lb. treacle, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ teaspoon spice, $\frac{1}{2}$ teaspoon carbonate of soda. Beat the butter to a cream, and add all the dry ingredients; then stir in the treacle thoroughly, and work well. Leave to stand from 2 to 4 hours if possible; roll into small balls in both hands, and bake on a meat tin a small distance from each other in a quick oven from 8 to 10 minutes.

GINGER SNAPS.

One cup each of sugar, treacle, and butter or lard, 1 teaspoonful each of vinegar, ginger and soda. Mix with flour enough to roll—the longer the better. Use a small cutter, and bake in a moderate oven.

KISSES.

Take 1 egg, 1 cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sweet milk, $\frac{1}{2}$ teaspoonful carbonate soda, 1 teaspoon cream of tartar, enough flour to make a stiff light dough. Drop on tins, sprinkle with sugar, and bake in a quick oven 10 to 15 minutes.

LEMON SNAPS.

Take 2 cups sugar, 2 eggs, 1 cup butter, 1 teaspoon carbonate soda, the juice of 2 lemons, and the grated peel of 1. Mix rather stiff with flour, roll very thin, cut into shapes, and bake in a quick oven.

LEMON WAFERS.

Mix 2 tablespoons powdered loaf sugar with the same weight of butter beaten to a cream, 1 breakfastcup flour, and $\frac{1}{2}$ teaspoon essence of lemon. Work all together, and cut in pieces the size of a walnut. Make a wafer iron hot, rub it inside with butter, put in a piece of dough, press the iron well together upon it, and bake a delicate brown; then take it out and slip in another piece of dough, this must be repeated till all are done. Bake in a moderate oven 4 or 5 minutes.

LOVE BALLS.

The weight of 3 eggs each in flour, sugar, and cornflour, a little essence of lemon, and 2 teaspoons baking powder, Bake in a hot oven.

MUFFINS.

Boil and mash 3 large, mealy potatoes until very smooth, with about 2 oz. butter and a little salt, adding sufficient warm water to make it the consistency of very thick cream; well beat 2 eggs, mix them in, and then stir to the whole 3 pints of fine, dried, and sifted flour; mix these well together, and add a pint of lukewarm water; then stir in a small teaspoonful of soda and a teacupful of yeast, and set it to rise all night; the next morning bake the muffins in rings on a girdle.

OAT CAKE.

Put 3 oz. dripping with a small teacup of water into a pan and let it boil. Stir it into 1 lb. oatmeal, roll it out at once very thin, cut with a small round cutter, and bake in a quick oven, or else lay it on a girdle over a slow fire, and when firm stand it before the fire to toast.

SCONES.

Scones are made in many ways, and almost every house-keeper has her own receipt. A good plan is to take a stone of flour, 14 lbs., and mix thoroughly with it $2\frac{3}{4}$ oz. carbonate soda, and $1\frac{3}{4}$ oz. tartarie acid, also 1 large tablespoonful salt. When well blended put this away for use. If baking powder be used, mix 2 teaspoons to 1 lb. of flour. When the scones are required make a light dough with milk or water, roll out to about $\frac{3}{4}$ inch thick or less, cut into the desired shapes, and bake in a hot oven, or cook on a girdle, turning when one side is brown. They are improved by adding about 1 oz. butter or more to 1 lb. flour, rubbing it in lightly. Some people add 1 egg to this quantity, and some a little sugar. Currants are sometimes added. For buttermilk or sour milk scones omit the cream of tartar or acid, using rather a small teaspoon carbonate soda to 1 lb. flour. The appearance of scones is improved by brushing them over with beaten egg just before placing them in the oven. They may then be lightly pricked with a fork.

DROP SCONES.

Half lb. flour, 2 teaspoonfuls sugar, $\frac{3}{4}$ teaspoonful carbonate soda, $\frac{1}{4}$ teaspoon tartaric acid, 1 breakfastcup milk. Mix and beat well for 5 minutes. Drop by tablespoonfuls on a hot greased pan, and when they bubble it will be time to turn them. Time, 5 minutes.

WHEAT FLOUR SCONES.

Beat an egg lightly, stir in 1 teacup milk, $\frac{1}{2}$ teacup water, and sufficient wheaten flour to make a thick batter, add 2 teaspoons baking powder, pour the mixture into patty-pans or other small tins, and bake in a brisk oven $\frac{1}{2}$ hour.

WHOLEMEAL SCONES.

Take $\frac{1}{2}$ lb. wholemeal, 2 teaspoonfuls baking powder, 1 oz. butter, $\frac{1}{2}$ teaspoonful salt, and about 1 gill of milk (buttermilk is best). Mix well flour and baking powder, rub in butter with finger tips. Add salt, and bind to stiff dough with milk. Roll out to about $\frac{1}{2}$ inch thick, cut in rounds, and bake in a quick oven for 15 minutes or on a girdle.

TEA CAKE.

Take $\frac{1}{2}$ lb. flour, 2 oz. butter, 2 oz. sugar, 1 teaspoon baking powder, a pinch of salt, 1 egg, 1 gill milk. Rub the butter into the flour, add the sugar, salt, and baking powder, beat up the egg, add to the milk, and mix into the dry ingredients. Turn out on to a board, put it on a greased plate, brush it over with egg, and sprinkle it with sugar. Cook in quick oven $\frac{1}{2}$ hour.

HOT TEA CAKE.

Two cups flour, 1 cup milk, $\frac{1}{2}$ cup sugar and 2 eggs, 1 teaspoonful carbonate soda, 2 teaspoonfuls cream of tartar. Mix all ingredients well together, put into a buttered tin, and bake in a brisk oven for $\frac{1}{4}$ of an hour. Serve hot, and buttered between.

TEA CAKE SANDWICH.

Take $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. sugar. Rub the butter into the flour, add the sugar and powder, and 1 egg well beaten. Mix stiffly, roll on a board in two pieces, place one on a round tin, cover it over with jam, then place the other layer on the top; wet the two edges and join, prick with a fork, and bake in a moderate oven.

TEA PANCAKES.

Take 1 cup of flour, 1 tablespoon sugar, $\frac{3}{4}$ teaspoon carbonate soda, $1\frac{1}{2}$ teaspoons cream of tartar, $\frac{3}{4}$ cup sour milk, 1 egg. Put the flour and sugar in a basin, bruise all lumps out of the soda and cream of tartar, and add them; beat up the egg and add to it the sour milk. Mix very gradually with the flour to a nice smooth batter. Have your girdle or frying-pan hot, rub it over with a piece of suet, drop the batter on to make nice sized cakes. When bubbles begin to rise, turn them with a knife. When cooked, place on a table-napkin to cool.

TEA ROLLS.

Work 2 oz. butter into 1 lb. flour, add 1 teaspoon baking powder and a little salt. Beat up 2 eggs, and mix into the flour with sugar to taste. Add enough milk to make the dough, roll out and cut into strips, roll up, brush with egg, and bake $\frac{1}{4}$ hour in a quick oven.

WHEATEN BREAD.

Take 1 lb. wheaten meal, 2 oz. butter, 1 oz. soft sugar, 1 teaspoon carbonate soda, $\frac{1}{2}$ teaspoon tartaric acid, about 1 breakfastcup milk and water. Rub the butter into the meal, add the other dry ingredients, mixing well; moisten the whole to a firm paste with the liquid. Make this all up into a round smooth lump, press it out with the hand into a round scone 1 inch thick, mark into four, prick with a fork, and bake on a greased tin 20 minutes.

CONFECTIONERY.

ACID DROPS.

Take 1 lb. loaf sugar, 1 cup water, 1 tablespoon vinegar, some lemon essence, and $\frac{1}{4}$ oz. tartaric acid; put the sugar, water, and vinegar in a saucepan, and boil till it snaps like glass; add a few drops of lemon essence and the tartaric acid; mix well, turn out, and cut into small bullets, and flatten them with the thumb and finger.

CREAM ALMONDS (1).

Blanch a number of almonds as follows:—Pour boiling water over them, let them stand a few minutes, not long, as they lose their flavour; drain them on a sieve, rub off the dark skin, and rub the almonds gently to dry; have in readiness some fondant, roll it in strips, and cut as for dates, roll each inch long strip over an almond; roll in granulated sugar.

CREAM ALMONDS (2).

Place 1 lb. almonds in a sieve, shake gently over the fire until they are quite hot; have ready a syrup made of 7 cupfuls granulated sugar, $\frac{1}{4}$ teaspoonful cream of tartar, 1 pint of water; remove from the fire, place a pan under the sieve, let one person shake the sieve while another pours the syrup slowly over the almonds. By the time all the syrup is used the almonds will have a fine coating of cream.

DEVILLED ALMONDS.

Blanch $\frac{1}{2}$ lb. Jordan almonds, and dry them thoroughly; put them into a frying-pan with 2 oz. butter made very hot; fry gently till a light brown, then drain on a sieve before the fire; sprinkle with salt and a little cayenne.

BARLEY SUGAR.

Boil 1½ lbs. of loaf sugar in 1 pint of water, skim carefully, and boil till when you take out a little on a stick it draws into a thread, or when dropped in cold water it snaps; add the juice of a lemon and a few drops of essence of lemon; just boil up again; stand the pan in a basin of cold water till somewhat cooled; then pour into a buttered dish; when sufficiently cool to handle, cut with scissors into sticks and twist them.

CARAMEL FOR COLOURING PURPOSES.

Take ½ lb. white sugar and about 1 tablespoon water. Stir over the fire, till the sugar has become a dark brown (it must not be allowed to get black). Add ½ pint hot water, stir well, and when cool bottle for use.

CARAMELS.

One cup treacle, 1 cup white sugar, 1 cup brown sugar, 2 cups grated chocolate, 1 cup cream or milk, into which has been stirred a little ground rice. Rub the chocolate to a paste with a little of the cream. Boil all together ½ hour, taking care that it does not burn. Pour into flat buttered dishes, and before it is cool, mark with a knife into small squares. When cold, cut them, and wrap each in tissue paper.

CHOCOLATE CAKE DROPS.

Take ¼ lb. powdered chocolate, ¼ lb. sugar, and 3 eggs; mix the chocolate and sugar, and stir in the stiffly-beaten whites of the eggs lightly with a fork; drop on a buttered tin with a teaspoon, and bake in a slow oven for 10 minutes.

CHOCOLATE SQUARES.

Boil 2 breakfastcups fine white sugar with ½ cup of milk for 5 minutes, stirring all the time; flavour with vanilla; stir off the fire till it creams, and pour into a wet

dish; make a second lot, omitting the vanilla; when boiled, add $\frac{1}{4}$ lb. finely-cut chocolate, boil up again and stir till creamy, as before, and pour over the other layer; when cold, cut into squares.

CHOCOLATE CREAMS (1).

Grate a large cake of chocolate, put it into a basin with a teaspoonful of white sugar; put the basin into a saucepan of boiling water, and steam $1\frac{1}{2}$ hours; the rim of the basin must fit tightly on the edge of the saucepan; cover the basin with a tightly-fitting plate or saucer; when the chocolate has steamed the required time, take the saucepan off the fire, leave the basin over the steam, as it keeps the chocolate moist; add about 3 dessertspoonfuls of milk, and beat till the chocolate is perfectly smooth; dip into it little balls of fondant with a hat pin; place on greased paper to dry for 12 hours. The addition of a little gum-arabic, which has been dissolved, will dry the chocolate creams more quickly.

CHOCOLATE CREAMS (2).

Take 1 lb. of loaf sugar and as much milk or cream as it will absorb. Boil it very gently until when you drop a little in cold water it candies. Do not boil too long, or instead of smoothly creaming the sugar will go into minute sand-like grains. Do not stir till taken off, when it must be continually stirred until it creams. Roll into little balls. Put $\frac{1}{2}$ lb. vanilla chocolate into a jar, and place it over a saucepan of boiling water to dissolve; when melted, dip the creams into it and place on buttered paper till cold.

COCOANUT CARAMELS.

Mix 2 cups of desiccated cocoanut, 2 tablespoonfuls flour, the whites of 3 eggs, and 1 cup sugar. Bake in a quick oven.

COCOANUT AND CHOCOLATE BALLS.

Take 4 oz. cocoa or chocolate, 2 tablespoons water, $\frac{1}{2}$ oz butter, 4 oz. sugar, 4 oz. desiccated cocoanut, and flavouring to taste. Put the sugar, water, butter, and cocoa into an enamelled saucepan. Stir, and boil gently till it adheres to a spoon. Test a little, and if brittle, stir in the cocoanut and flavouring. Make into small balls and roll them in dry cocoanut and sugar.

COCOANUT ICE.

Take 2 cups fine white sugar, $\frac{1}{2}$ cup milk, $\frac{3}{4}$ cup desiccated cocoanut. Boil the sugar and milk for 5 minutes, stirring all the time, add the cocoanut, and boil 1 minute more. Remove from the fire, beat, while cooling, till it creams, then pour quickly into a wet dish. Make a second layer and colour it with cochineal.

COCOANUT ROCK.

Peel and grate a fresh cocoanut, take the same weight of finely-powdered white sugar, and mix well together. Beat the whites of 2 eggs to a stiff froth, and with it form the cocoanut and sugar into a firm paste. Rub a bright tin slightly with butter, cover it with the paste, and put in a slow oven for $\frac{1}{2}$ an hour. If there be any fear of too great heat from the oven put white paper between the tins and the paste.

CREAM TOFFEE.

Take equal quantities of cream and sugar, boil together, adding a little essence of vanilla. When it begins to thicken, drop a little into cold water, and feel whether it be hard like toffee, but not as hard as sugar toffee. If so, pour it into a flat buttered dish, and cut it when cool.

DATE CREAMS.

Put 2 cups of crystal sugar and $\frac{1}{2}$ cup of milk into an enamelled saucepan, boil for 5 minutes, take off the fire and stand the saucepan in a dish of cold water. Add

essence to taste. Stir the mixture constantly till nice and creamy. Select nice glossy dates, cut a slit in each, remove the stone and the skin which is sometimes round it, and fill them with the cream. The same cream is used for walnuts, prunes, almonds, etc.

WATER CREAMS are made with the same amount of sugar, using water instead of milk, and adding nearly $\frac{1}{2}$ teaspoonful cream of tartar.

FIG ROCK.

One cupful sugar, $\frac{3}{4}$ cup water, boil till it come amber colour, but do not stir during the process. Add $\frac{1}{4}$ teaspoonful of cream of tartar just before taking from the fire; wash the figs; split them in halves, and lay them flat on a dish. Pour the mixture over them, and let it stand till cold.

FONDANT (1).

White of 1 egg, 1 tablespoonful water, 1 lb. best icing sugar. Sift or roll the sugar until perfectly smooth (sifting is better). Whip the egg to a stiff froth, add the water; beat the sugar into the egg gently, and only a little at a time until all is used. Mould this into shapes, and put away for 12 hours before using with fruit, nuts, or chocolate. Roll it into shapes or balls for chocolates; flatten it for walnuts; roll it into long strips for dates, cutting into inch lengths.

FONDANT (2).

Put 1 lb. snowdrop sugar into an enamelled saucepan, add $\frac{1}{2}$ breakfastcup milk, and as much cream of tartar as will lie on a threepenny bit; boil quickly for exactly 5 minutes, stirring it all the time after it begins to boil. Have ready a basin to contain the syrup, set into a basin holding cold water, put a teaspoonful of vanilla or other flavouring and colouring matter, if required, into the empty basin. Pour the syrup at the end of the 5 minutes into this basin; continue stirring till the syrup is of the proper consistency. If to be used for icing cakes, about as thick as thick cream; if for walnuts or chocolate creams as thick as bread dough. This may be kept for several days by simply

throwing a damp cloth over it. Should the fondant, by reason of too long cooking, become hard and crusty instead of creamy, it may be reduced again by the addition of water, and be reboiled and tested as before. If the fondant is too stiff for use place the basin containing it into a basin or pan of hot water, and leave until the cream softens, when it can be moulded.

FRENCH JELLIES (1).

Take 1 oz. gelatine, $\frac{1}{2}$ pint water, 1 lb. sugar. Put half the water on the gelatine and the rest on the sugar. Soak them for $\frac{1}{2}$ hour. Put all together and boil for 5 minutes, stirring all the time. Wet 2 soup plates and pour the jelly into them. Let them stand till perfectly cold, some hours, and then cut them up and roll in crystallised or castor sugar. The jelly may be coloured with cochineal.

FRENCH JELLIES (2).

Soak a 6d. packet of gelatine, 1 oz., in a cup of cold water for an hour, then add $\frac{1}{2}$ cup boiling water, and 2 lbs. sugar, boil 20 minutes. Turn into a dish and stand till next day. Cut up into squares with scissors, and roll in sugar. They are better used a few days afterwards as they harden by long keeping.

BOILED FROSTING.

Boil 1 cup sugar and 2 tablespoons water till clear. Do not stir it. Pour upon it the stiffly-beaten white of 1 egg, stirring and beating until well blended. Then spread over the cake. Any colouring or flavouring preferred may be added.

WHITE FROSTING.

Whip the white of 1 egg till stiff, then add 5 tablespoons sugar gradually; beat very hard. Flavour to taste, and spread smoothly over the cake with a broad-bladed knife, dipped frequently into hot water.

GINGER CREAM.

Take 2 cups of sugar, $\frac{1}{2}$ cup milk, $\frac{1}{4}$ lb. preserved ginger cut up in very small pieces, bring to the boil and boil for 5 or 6 minutes, stirring all the time; take it off the fire, stand it in cold water and stir till quite creamy, then pour out on a damp dish and leave till quite firm.

ICING FOR CAKES.

The whites of 3 eggs, 1 lb. sugar, flavour with lemon or vanilla. Beat the eggs to a stiff froth, then add the sugar gradually. Beat it till it may be spread smoothly on the cake.

CHEAP ICING.

Put 2 oz. loaf sugar in a pan with 1 tablespoon cold water, and the juice of $\frac{1}{4}$ lemon. Stir till boiling, then pour out and keep stirring till thick. Put on the cake, and dry in the air.

PRUNE CREAMS.

Select nice glossy prunes, cut a slit lengthways in each, about two-thirds the length, and remove the stone. Have in readiness a small quantity of fondant, and, having slightly dusted the board with flour, or cornflour, roll the fondant into a long narrow strip, about the size of the little finger; divide this strip into inch-long pieces, place one in each prune, press the prune a little over it to keep the cream in place. Do not use much flour.

TOFFEE (1).

Use 2 cups of white sugar, 1 cup of water, a dessert-spoon of vinegar, and any essence. Do not stir. Butter the pot all over before you put in the ingredients. It is ready when a little dropped into water becomes brittle.

TOFFEE (2).

Boil 1 lb. brown sugar, 2 oz. butter, and $\frac{1}{2}$ a teacup of cream or milk, without stirring for 20 minutes. If boiled enough it will set when dropped into cold water. Add 6 drops of essence of vanilla before pouring out into a buttered dish.

ALMOND TOFFEE may be made from this mixture by omitting the vanilla and throwing in 4 oz. almonds, blanched and cut into strips.

EVERTON TOFFEE.

Take $\frac{1}{2}$ lb. golden syrup, $\frac{1}{2}$ lb. brown sugar, 5 or 6 oz. of butter, lemon-juice to taste. Carefully mix the sugar and syrup, then add the butter, stirring till thoroughly mixed; then cease stirring, or the toffee will sugar. Boil gently till a tiny bit thrown in cold water sets. Pour out on a butter dish, and when half cold mark into squares.

TURKISH DELIGHT.

Soak 1 oz. Swinbourne's gelatine in $\frac{3}{4}$ cup of cold water 2 hours; put 2 lbs. of sugar into a saucepan with $\frac{3}{4}$ cup of water; bring to the boil and then add the soaked gelatine, a little citric acid and any flavouring; simmer for 20 minutes, skim well, and then pour on a damp dish. Leave for 24 hours, and then cut up in squares and roll in castor sugar. For colouring use either cochineal or saffron.

VANILLA CREAMS.

Pot 2 cups of sugar and $\frac{1}{2}$ cup of milk into a lined saucepan. Boil 6 minutes, stirring all the time, add 2 teaspoons vanilla and a little almond essence, and stir while boiling 3 minutes longer. Then set saucepan in dish of cold water and stir till it thickens. Roll into balls and let them set.

LEMON CREAMS are made by substituting lemon for the other essences.

BUTTER SCOTCH.

Melt 2 lbs. of sugar in $1\frac{1}{2}$ teacups of water, put on the fire in covered saucepan. Have as much cream of tartar as will lie on a sixpence dissolved in a tablespoonful of water. When the sugar and water are galloping (boiling very fast), add the cream of tartar. Boil with lid off to a crack degree. (Crack degree means that when a little is dropped, after boiling from 20 to 30 minutes, into a cup of cold water, it will make a cracking sound). Try in cup of cold water. Take off the fire, add $\frac{1}{4}$ lb. of butter, stirring very slowly to mix the butter well in. Boil till of a golden colour, then turn out on a greased dish. When nearly cold score across with a knife according to fancy, when it will easily break as marked.

ALMOND ICING.

1 lb. icing sugar, $\frac{1}{2}$ lb. almond paste, 1 whole egg. Mix sugar and paste, break in 1 whole egg and mix till a smooth stiff paste. Sprinkle a board with icing sugar and roll the paste out to the required size to cover cake. Brush the cake over with white of egg to make the icing hold.

FRENCH ICING.

Sift 6 oz. icing sugar into a small saucepan, gradually stir in 2 tablespoons boiling water and *heat* (not boil) gently for $\frac{1}{2}$ minute, add flavouring essence, pour over cake and smooth over with a knife dipped in boiling water. A few "hundreds and thousands" sprinkled over makes a pretty cake. This icing may be coloured with a few drops of carmine or cochineal.

BOILED ICING.

Beat white of 1 egg stiffly in a basin, add a pinch of cream of tartar or a squeeze of lemon-juice. Boil gently for 5 minutes 1 breakfast cup (level) crystallised sugar and 2 tablespoons water, add gradually to egg, beating thoroughly till white and beginning to stiffen, pour over cake; smooth if necessary with knife dipped in boiling water.

BEVERAGES.

BARLEY WATER.

Mix $\frac{1}{2}$ oz. patent barley with a wineglass of cold water to a smooth paste free from lumps; pour into a stewpan containing 1 quart boiling water; stir while boiling for 5 minutes, flavour with lemon-peel or cinnamon, and sweeten to taste.

FOR INVALIDS.—Use 1 oz. patent barley to the other ingredients as above.

BOSTON CREAM.

Put 3 lbs. of white sugar and $3\frac{1}{2}$ quarts of water into a pan, and bring it to the boil; pour it into a basin and set aside until quite cold. Mix in $\frac{1}{4}$ lb. tartaric acid, about a tablespoonful of essence of lemon and the whites of 3 eggs. Beat and bottle it. When it is to be used, take half a tumbler of water to a small wineglassful of Boston cream, and add as much carbonate of soda as will cover a three-penny piece. Stir and drink.

MADAME CARRENO'S WAY OF MAKING COFFEE.

One tablespoon, heaped up, for each person, and pour the boiling water on slowly. Never boil the coffee—never.

DRINK FOR INVALIDS.

Three oz. rice, 1 quart water, 1 oz. sugar, 1 tablespoonful of raspberry or other flavouring. Wash rice, boil in 3 pints water till reduced to a quart, strain off, sweeten and flavour with the essence.

EFFERVESCENT DRINK.

Take $\frac{1}{2}$ lb. tartaric acid, $\frac{1}{2}$ lb. carbonate of soda, $1\frac{1}{2}$ lbs. powdered loaf sugar, 30 drops essence of lemon scattered over the mixture, a little powdered ginger, if liked. Mix very well. Take a teaspoonful in a tumbler of cold water.

FRUIT SALTS.

Mix thoroughly $\frac{1}{4}$ lb. each of cream of tartar, tartaric acid, carbonate of soda, white sugar, Epsom salts, and 1 oz. magnesia. Cork securely and keep in a dry place.

GINGER BEER (1).

Take $1\frac{1}{2}$ oz. cream of tartar, 3 oz. ginger, 3 lbs. sugar, the juice of 2 lemons, 2 gallons boiling water, 1 teaspoonful yeast, the white of 1 egg. Bruise the ginger well. Mix all the ingredients well together, then allow the liquid to cool, and add the yeast and white of egg, stirring it well. Let it stand for 12 hours, then bottle and cork tightly.

GINGER BEER (2).

Take 5 lbs. white sugar, $\frac{1}{2}$ pint lemon-juice, $\frac{1}{4}$ lb. honey, 5 oz. bruised ginger, 5 gallons water; boil the ginger for $\frac{1}{2}$ hour in 3 quarts of water; then add the sugar, lemon-juice, and honey with the remainder of the water, then strain through a cloth, and when cold add the white of an egg, a small teaspoonful of essence of lemon, and the same of essence of ginger. Let it stand in a cask 4 days, then bottle.

HOP BEER.

Take $\frac{1}{4}$ lb. hops, $\frac{1}{2}$ oz. ginger, and a handful of maize. Bruise the maize and ginger, put all together in a bag, and boil in $3\frac{1}{2}$ gallons water until the bag sinks to the bottom. Take out the bag, and boil 3 lbs. sugar with the water for 5 minutes. Strain into a cask, and when lukewarm put in 2 tablespoonfuls of yeast on a slice of toast; and let it stand 3 days; then bottle and tie down securely.

INDIAN SYRUP.

Mix 5 lbs. lump sugar, 2 oz. citric acid, and a gallon of boiling water. When cold add $\frac{1}{2}$ a dram of essence of lemon; stir it well and bottle it. About 2 tablespoonfuls to a glass of cold water.

LEMON SYRUP (1).

Take 6 lbs. sugar, 2 oz. tartaric acid, 1 dessertspoonful essence of lemon, 6 pints boiling water. Stir all together till the sugar and acid are dissolved; strain into bottles.

LEMON SYRUP (2).

Take 9 lbs. white sugar, 9 pints water. Put in a clean saucepan and boil and skim well. Then add 2 drams essence of lemon and 6 oz. tartaric acid. Let it cool and then bottle. This will keep good for several months.

LEMONADE.

One oz. powdered tartaric or citric acid, 6 oz. powdered sugar, 2 drams of essence of lemon. Mix thoroughly, and let it dry in the sun. Rub thoroughly after drying, divide into 24 powders. One makes a good glass of lemonade.

OATMEAL DRINK.

Make oatmeal into a very thin gruel, then add a little salt and sugar to taste, with a little grated nutmeg, and 1 well-beaten egg to each gallon, well stirred in while yet warm.

RASPBERRY VINEGAR.

Any quantity of raspberries just covered with white wine vinegar; let it stand 3 days, then strain through flannel, and boil the liquor with equal weight of sugar for a few minutes.

SUMMER DRINK.

Take 2 oz. citric acid, 8 pints boiling water, 3 lbs. sugar. Pour the water over the acid and sugar, let it cool, add $\frac{1}{2}$ bottle essence of lemon, then bottle.

YOLKOVA improves all Milk Puddings, etc

INVALID COOKERY

In cooking for invalids and convalescents it is advisable to note the following suggestions.

- I. Exercise the utmost care in the choice of food and in the choice of cookery utensils used.
- II. Follow accurately medical instructions.
- III. Endeavour by dainty serving and frequent changes to induce appetite.
- IV. Serve nourishment *punctually* and in *small* but *sufficient* quantities.
- V. Be careful to place the tray so that the patient is caused no undue exertion or discomfort.

ARROWROOT MADE WITH MILK.

Two teaspoonfuls of arrowroot, $\frac{1}{2}$ pint of boiling milk, or milk and water half and half. Mix the arrowroot very smoothly with a very little cold milk; then pour over it the boiling milk, stirring all the time. If the milk is really boiling, and the arrowroot has not been mixed with too much cold milk, it will be sufficiently cooked. Reboiling sometimes causes it to get thin. It is a good plan to heat the cup before putting the arrowroot in; and, when mixed with about a tablespoonful of cold milk, to put an equal quantity of hot milk before pouring all the milk in; this will prevent lumps. Thin strips of lemon-peel may be boiled with the milk to flavour it. Sweeten to taste. Arrowroot varies in quality; sometimes less may be used. New Hebridean arrowroot highly recommended, and may be obtained at W. S. Park's, chemist, Pitt Street, Sydney. All profits devoted to missions.

BAKED MILK.

This is very nourishing for invalids. Put some milk into a stone jar. Tie it down with paper, and put in a moderate oven for 8 or 10 hours till it has become the consistency of cream.

ROYAL RED SALMON is the very best

BEEF ESSENCE.

One lb. of gravy beef, salt. Mince the meat very fine. Put into a jar with a close-fitting lid; a salt-jar answers, but it is a good plan to put a bit of rough dough round the lid to keep in the steam. Stand in a saucepan of boiling water, which must not come over the top of the jar. Boil for an hour and a half. Pour off the essence, skim off the fat, and add a little salt. This essence is very strong, and must only be given in small quantities.

RAW BEEF TEA.

Three oz. of beef, 1 oz. of water, a pinch of salt. Either scrape the meat against the grain very finely, or put 3 times through the mincing machine. Put into a cup with the salt and water, and stir well. Cover, and allow it to stand for 2 hours. Then strain through a hair sieve or muslin; it should be clear. Serve in a covered cup or red claret glass. A larger proportion of water may be used, unless very strong raw beef tea is required.

BEEF TEA.

Take a juicy slice off the top side of the round. Cut it finely on a board, removing skin and fat. Put it into a stone jar with its own weight of water; put the lid on the jar, and tie paper over it. Let it soak for an hour. Place it on the hob for 3 hours, and then for $\frac{1}{2}$ an hour in the oven, or standing in a saucepan of boiling water. When cold, skin, and heat up as required. Good beef-tea should never be boiled. It ought not to jelly.

BEEF TEA CUSTARD.

Take $\frac{1}{4}$ pint beef-tea, a little pepper and salt, the yolks of 2 eggs, white of 1 egg. Beat up the eggs slightly, putting aside 1 white; add the beef-tea; season slightly. Butter a large cup, pour the custard into it, and twist a piece of buttered paper round the top. Put it into a saucepan, with

as much boiling water as will come half way up. Draw the pan to the side of the fire, and allow the custard to remain in it till it is firm. It will take about 20 minutes. The water must not be allowed to boil while the custard is steaming, or it will be full of holes. When the custard is firm turn it out, and serve either hot or cold. This is very nourishing.

WHITE BROTH.

Quarter of a pint of mutton broth, 3 tablespoonfuls of thin cream or milk, 1 yolk of egg. Strain the meat from the broth, and put it into a saucepan. Make it quite hot, but not boiling. Beat the yolk of the egg, add the cream or milk, and strain this into the broth. Mix well, and let the egg barely set; be sure it does not boil. Season delicately with pepper and salt, and serve with tiny dice of toast.

TO GRILL A CHOP.

A thick, short loin chop is required. Remove the outside skin, roll it up, and beat into shape. Make the gridiron hot, and rub with a little suet off the chop. See that you have a clear, bright fire. Put the chop on the fire, and turn frequently till it is a nice brown each side. When cooked, put on a hot plate, sprinkle with a little salt, and put about $\frac{1}{2}$ a teaspoonful of butter over it. Never grill a chop till you want to serve it. It should go straight from the gridiron to the patient. Be careful not to stick a fork into it, as it punctures, and allows the juice to escape. Time 10 to 15 minutes (or less if preferred.)

TO STEW A CHOP.

Trim all the fat from a good loin chop, and put it into a salt-jar, or small gourmet boiler, with 2 tablespoonfuls of water, a little salt, and 3 peppercorns. Stand the jar in the oven, which should be fairly hot, and let it cook for $\frac{1}{2}$ an hour. Put on to a very hot plate, and pour the gravy over it. This is very easily digested.

TO BOIL EGGS.

Put the eggs into boiling water. Draw the saucepan to the side of the fire, and do not let the water boil again. In 5 or 6 minutes the eggs will be done.

TO BOIL EGGS FOR DYSPEPTICS.

Place the eggs in a dish (with a cover), pour upon them plenty of boiling water, and set them in a warm place for 15 minutes. The heat cooks them slowly. Some doctors suggest that eggs boiled 30 minutes are even more easily digested.

TO POACH EGGS.

Fill a frying-pan nearly full of boiling water; add salt and a little vinegar. Break each egg carefully into a cup, slip into the boiling water, and keep putting the water over with a spoon. Allow each egg to cook till it looks like a white ball—about 3 minutes. Remove with a fish-slice; let the slice rest for a moment on a clean towel, so that there may be no moisture round the eggs. Serve on squares of hot buttered toast.

GRUEL.

Gruel may be made with water or milk, or a mixture of both. Put 1 tablespoonful of oatmeal in a delicately clean saucepan; add a little water, and mix well. Then pour in $\frac{1}{2}$ pint of water, milk, or milk and water, and let it boil for $\frac{1}{2}$ an hour, stirring occasionally. Season with salt, and sweeten to taste. Gruel made with milk is a most nutritious food; it may be strained if preferred.

HOT MILK AND SODA WATER.

Heat $\frac{1}{2}$ a tumbler of milk till just about to boil; pour into a glass, and fill up with soda water. Take at once. Good for sickness of the stomach, as a stimulant, and for chills, rigours or any weak state of the stomach.

BAKED OYSTERS.

Put the oysters in their shells into a hot oven. They will open in a few minutes, and, when they are hot through, put on to a plate, and serve with thin bread and butter.

FRICASSEED OYSTERS.

One teaspoonful of butter, 1 teaspoonful of cornflour, 1 gill of milk, a few drops of lemon-juice, $\frac{1}{2}$ dozen oysters, pepper and salt. Put the butter in a small saucepan, and, when dissolved, add the cornflour. Mix smoothly together; then pour on the milk. Stir until it boils, and cook for about 5 minutes. Add seasoning, the liquor from the oysters, and a few drops of lemon-juice—be careful not to put too much. Add the oysters, which should be bearded. Let the saucepan stand at the side of the fire for 5 minutes, but be sure it does not boil. Pour on to a hot plate, and it is ready to serve.

SCALLOPED OYSTERS.

Make a sauce as for fricasseed oysters. Butter some scallop shells, or little china cases; put in the oysters and sauce mixture, and sprinkle with browned bread-crumbs. Pour a very little dissolved butter over them, and brown quickly in a hot oven. Dish on a folded d'oyley, and garnish with tiny sprigs of parsley.

SIR A. CLARKE'S METHOD OF MAKING TEA.

Make the tea with boiling milk as you would with water. Scald the teapot, put in about a teaspoonful and a half of good tea for 1 cup, and pour about $\frac{1}{2}$ pint of freshly-boiled milk over it. Let it stand for 3 minutes, and serve. This is excellent for an invalid or an aged person.

STEAMED WHITING.

Slit the fish from head to tail; cut off the head, remove the backbone, and cut the fish in half lengthways; roll it out with a rolling-pin. Put the fillets in a soup-plate,

squeeze a little lemon-juice over them, and add salt and pepper and 2 oz. of butter. Cover with another soup-plate, and put on the top of a saucepan of boiling water. At the end of $\frac{1}{2}$ an hour reverse the soup-plates, and steam for another $\frac{1}{2}$ hour. Add a teaspoonful of very finely-chopped parsley to the butter with the fish. Serve on a hot dish, with the butter poured over it.

ALBUMEN WATER.

Beat to a stiff froth the white of 1 egg, and to it add gradually $\frac{1}{2}$ cup of water, previously boiled and allowed to cool. This simple drink is excellent for children suffering from stomach or bowel trouble, as it has both nutritive and soothing properties.

BREAD MAKING.

The success of bread making depends largely on the yeast used. The following are simple and reliable recipes.

YEAST.

One oz. hops, 2 medium-sized potatoes, 3 pints water, 2 tablespoons sugar, 1 cup flour. Boil hops, potatoes, and water 20 minutes, strain and add sugar. Allow to get quite cold, mix the flour with a little of the liquor, add to the rest of the yeast and bottle. Cork well, using a *seasoned* bottle. The first difficulty in making yeast is to get a well-seasoned bottle. It is a good plan to brew yeast in small quantities several times in the same bottle, leaving a little of the old brew in each time. In *summer time* the yeast requires only *8 or 10 hours* to ripen, in winter time from 20 to 24 hours.

BREAD.

For 6 lbs. flour use $\frac{3}{4}$ cup yeast. Put flour in large basin, make a well in the centre, and pour in the yeast, add a cup of warm water and mix into a batter. Cover

well with flour, stand in a warm place overnight. In the morning, sprinkle a tablespoon salt over the flour and add sufficient warm water to the flour to mix all into a light dough. Cover with a cloth—to prevent crusting—and stand in a warm place again till the dough has risen to twice its original size. Knead a second time to distribute the gas bubbles evenly and to make the bread of an even texture. Knead till bubbles disappear and dough is elastic to touch, then shape into loaves; again stand till dough has risen double its size. Put in a very hot oven, decrease heat, and cook till crust is uniform brown and a hollow sound is produced when the loaf is tapped with the fingers.

CREAM OF TARTAR YEAST.

One tablespoon each of cream of tartar, sugar, and flour, mix into a smooth paste with a little warm water, add 2 cups of warm water, bottle in morning and it will be ready for use at midday; sufficient for ten tin loaves of bread.

YEAST BREAD.

Mix 8 lbs. flour with 1 tablespoon fine salt. Make a well in centre of flour, add 1 cup of cream of tartar yeast and 1 cup of warm water. Stir in sufficient flour to make a thick paste, then lightly sprinkle flour on top. Stand in a warm corner for 6 hours. Add sufficient warm water to make a good dough, knead well, and allow to stand overnight in a warm place. Punch it down once, allow to rise again, knead till spongy, put into warm greased tins, and when it has well risen, bake; hot oven at first, then gradually decrease heat. The sponge should be set at midday.

LEMON YEAST.

Use a seasoned bottle, as for other yeast. Mix well together the juice of one large lemon, 3 tablespoons moist sugar, and 1 pint of boiling water; bottle while warm.

COOKERY HINTS

To PRESERVE EGGS IN LIME WATER.—3 gallons of boiling water 1 quart of lime, 1 oz. of cream of tartar, $\frac{1}{2}$ lb. of salt. Pour the boiling water over the lime, and leave for 2 days stirring now and then. Then pour water off without any of the lime, and mix the salt and cream of tartar into the lime water. It is then ready for use. Put the eggs in each day as they are laid. Be very careful that none of them are cracked.

PRESERVING EGGS.—6 lbs. unslaked lime, 2 buckets boiling water, when cold stir up and strain off, then put in salt (3 lbs.) Eggs must be covered with the liquid.

To CLEAN GAS STOVES.—Put a little ammonia in the water, and clean in the ordinary way. They will be found to clean more easily, as the ammonia prevents them turning brown.

To keep cheese from moulding or from becoming dry, wrap it in a cloth, damp with vinegar, and keep it in a covered dish.

Fresh fruit dipped in boiled sugar and let dry makes a pretty garnish for sweet dishes.

To cut new bread first dip the knife into boiling water. Repeat when cool.

When a chest of tea has been opened to take some out, tuck some flannel completely over the tea left in the chest. It preserves the flavour.

When you have not a tin with a lid in which to steam a pudding, lay a sheet of well-buttered writing paper over the pudding in the mould. Do not let the water touch the paper.

To cover jams, etc., use soft tissue paper dipped in milk. Put it over the jam at once, when the heat will dry it, making it like parchment.

Put about the size of an egg of bread-crumbs tied in muslin with the cabbages when cooking. Cabbages cooked like this may be used in any way. The bread absorbs all the bitter juices, and the cabbages are digested quite easily. The bread-crumbs also absorb almost all the smell of the cabbage while cooking.

If rice is put into boiling water it need not be stirred at all. If you stir it once you must stir it often or it will burn. Strain off the water before the rice is quite tender, put a cloth over it, and leave it in a warm place to steam itself. Always use a little salt even for rice puddings.

Cakes will be much lighter if mixed with the hand than if a spoon or knife be used.

Icing for cake may be prevented from cracking when cutting by adding 1 tablespoon of sweet cream to each unbeaten egg.

When beating up the whites of eggs add a tiny pinch of salt. This will make them froth much more quickly, and make the froth stiffer than it otherwise would be.

Save stale scraps of bread; dry them thoroughly in an open oven, and then with a rolling-pin crush as fine as powder. These will be always at hand for preparing cutlets and fish.

To prevent cheese from getting mouldy leave the cover a little open. A revolving cheese dish, with a cover that does not require to be lifted off when the cheese is on the table is a good arrangement.

To keep artichokes from looking black when cooked, wash well, peel, and leave in cold water a while before you boil them.

Too rapid boiling spoils and makes most vegetables tough.

To serve green vegetables—really green—let them cook with cover off.

To boil rice, put on in boiling water, and allow to boil fully 20 minutes. Before taking off the fire pour in cup of cold water, then strain, and each grain will be separate.

Remember that sauce for boiled fish should be thicker than that which is for broiled or fried fish.

Beat 1 tablespoon of salad oil with each egg when preparing egg and bread-crumbs for fish, cutlets, etc. It is economical, holds the crumbs well, and has no perceptible flavour.

In the larder keep a pan of charcoal, for it greatly helps to keep everything sweet and wholesome.

When making boiled puddings of any kind try putting a piece of greased paper over the top before the cloth is

put on. This renders the cloth much easier to wash, and keeps the pudding nice and firm.

WHEN STALKING Currants, the stalks may be very quickly removed by well flouring the hands and rubbing the currants as hard as possible between them. This takes much less time than picking them separately, and is quite as effective.

When breaking eggs, it is advisable to break them one at a time into a saucer, emptying each one from the saucer as soon as you ascertain that it is quite fresh. By this means you avoid the annoying accident of having one egg that is not quite fresh spoil half a dozen that are.

To PRESERVE PARSLEY THROUGH THE WINTER.—Wash freshly-gathered parsley to make it free from grit or dirt. Put it into boiling water which has been slightly salted and well skimmed. Let it boil for 2 or 3 minutes. Take it out and let it drain, and lay it on a sieve in front of the fire or in the hot sun, and dry as quickly as possible. Store in a very dark place in bottles. When wanted for use, pour over a little warm water and let it stand about 5 minutes.

HOUSEHOLD HINTS.

Mix blacklead for stoves with turpentine instead of water. The stove will look better, and also be easier to polish. Be very careful not to come near fire with turpentine.

To CLEAN COPPER PANS.—2 tablespoons of strong vinegar, and 1 tablespoon of salt. Rub the pan with this mixture with a piece of flannel. Wash in clean hot water, and dry thoroughly.

To POLISH STEEL FENDERS, FIRE-IRONS, &c.—Powder some bath-brick, and make it into a paste with turpentine. Apply to the steel with a piece of flannel, and polish with a clean soft duster or flannel. This is an excellent recipe for cleaning fire-irons that have been neglected.

PEARSON'S CARBOLIC SAND SOAP

Mistress —

*Mary, your kitchen
is a picture!*

*However do you
get everything so
spotlessly clean
& bright?*

Up

*yes, ma'am, it do
look nice but it's
very little trouble
when you use
PEARSON'S
SAND SOAP*



PEARSON'S CARBOLIC SAND SOAP

Unrivalled for cleansing the hands, however stained they may be. For Scrubbing Floors, Tables, Stairs, or any other kind of Wood-work, it cannot be equalled. Copper, Brass, Steel, Iron and Tin-ware of every description brightened with one application. It is invaluable for removing finger marks or other stains from paint or varnish work. It destroys all Insect Life. Ants, Fleas, &c., &c., will not infest houses where it is habitually used. As a disinfectant it is highly recommended by the medical faculty.

— ASK YOUR STOREKEEPER FOR —

PEARSON'S CARBOLIC SAND SOAP

THE PEARSON SOAP CO. LTD.,
Henry Street, Leichhardt, SYDNEY.

To FRESHEN UP FURNITURE.—If furniture is dirty it should be washed in vinegar and water, equal parts, using a flannel rag, and then, after perfect drying, rub with a clean flannel and a little linseed oil before using any liquid or cream polish. If a table bears the tell-tale mark left by a hot plate, rub it well with lamp oil and flannel, finishing off with a clean cloth slightly wet with spirits of wine. A notable housewife restores the original polish, when it has been removed by a warm dish, with linseed oil rubbed in with a piece of linen, changing the linen till the table-top is perfectly dry. White spots are removed by rubbing them with a piece of flannel and turpentine, repeating the application if necessary, and in any case rubbing with a good will until patience and strength are about exhausted. Unsightly finger-marks disappear from furniture when rubbed with sweet oil, and from oiled wood, if kerosene is rubbed on the spots.

MELTONIAN CREAM (For BOOTS AND SHOES).—1 oz. beeswax, 1 oz. white wax, $\frac{1}{2}$ oz. of Castile soap, $\frac{1}{2}$ pint turpentine, $\frac{1}{2}$ pint of water. Cut the ingredients into fine shavings. Place in a jar, and pour the turpentine over them; cover, and let it stand for 24 hours; then add $\frac{1}{2}$ pint of boiling water. Stir one way till cold. Keep in a tightly-corked bottle.

To CLEAN VARNISHED PAINT.—If soap or soda be used the varnish will come off. Take the tea leaves which are left in the teapot, pour some hot water on them, and let them stand for some 10 minutes. Then pour the tea into a basin, wash the paint with a clean flannel, and dry with a clean cloth.

To REMOVE SMELL OF PAINT.—To get rid of the smell of oil paint, place a handful of hay in a pailful of water, and let it stand in the room newly painted.

To TAKE GREASE OR OIL OUT OF A CARPET.—As soon as possible put plenty of flour or whitening on the spot, to prevent the grease spreading. If the oil is near a seam, you can rip it and put the whitening on the floor under the carpet. Next day sweep up the flour, and put on some fresh whitening, then rub the spots with a flannel dipped in spirits of turpentine. To renovate

faded carpets, wash with warm water, to which a little ammonia has been added.

To REMOVE MATCH MARKS.—Rub with a piece of cut lemon, and afterwards with a rag dipped in water, and the stains will disappear.

To REMOVE INKSTAINS.—Milk will remove inkstains from linen and calico if applied at once. Soak the spot affected in the milk for a few minutes, then wash in clean water. When ink is spilled on a carpet it is found that if salt is at once spread thickly on the place, and left for some minutes, it will absorb the ink, and when removed no mark will be seen.

To REMOVE BLACK STAINS FROM MIRRORS.—The little black specks on looking glasses, which make their appearance so frequently without any apparent cause are quite easy to remove. Dip a flannel or a cork in either spirits of wine or turpentine, and rub the specks, afterwards polishing the glass with powdered whitening.

To CLEAN Windows.—Sprinkle a pad made of newspaper with ammonia. Rub the inside of your windows with it, and you will not be troubled with flies.

To CLEAN BRONZE.—To keep bronze ornaments in good condition, wipe them over with a little oil, and polish them with a soft duster.

To CLEAN BRASS.—Brass may be cleaned by scrubbing it well with strong ammonia. Then wash it with clean water, and dry carefully with a soft cloth.

To CLEAN STRAW MATTING.—Use a large coarse cloth dipped in salt and water, then wipe it dry. The salt prevents the matting from turning yellow.

To REMOVE TARNISH FROM SILVER OR PLATE.—Tarnish, however bad, can be removed from silver and plate by the application of a little whitening dissolved in methylated spirits.

To MAKE SOAP.—3 lbs. of lime, 6 lbs. of washing soda, 1 lb. of resin, 7 lbs. of fat, 3 tablespoons of borax, 12 quarts of rain water. Boil water, lime and soda for an hour. Let the mixture stand all night. Strain off in the morning; add the other ingredients, and boil for 3 hours; stir constantly. Pour into a mould, and when cold cut into bars.

To CLEAN WALL PAPER.—When delicately-coloured wall paper has become soiled it may be cleaned by gently rubbing with a soft flannel sprinkled with plaster of Paris.

Cut flowers may be kept fresh by putting a spoonful of powdered charcoal into the vessel. Do not change the water.

To cement china make a thick solution of gum arabic in warm water, and stir in plaster of Paris till quite thick. Apply with a brush to the broken edges, and press them together. This cement is white.

Gilt frames may be cleaned by sponging them with oil of turpentine or spirits of wine, only wetting the sponge enough to remove the dirt. Leave the frames to dry, but do not wipe them.

To REMOVE STAINS.—Fruit Stains: Pour boiling water through. Old Fruit Stains, Ink and Leather Stains, Iron Mould: Oxalic acid diluted, wet the stain, rinse well in water, then wet the spot with ammonia and rinse in clear water. Grass Stains: Rub well with molasses, and wash. Ink (fresh): Soak in milk and then wash. Mildew: Wet spots with salt and lemon juice and lay in sun to dry. Repeat if necessary. Butter-milk also good. Iron Rust: Lemon, salt and starch; lay in sun. Machine Grease: Cool rain water and soda. Wheel Grease, Tar, Turpentine, Blood Stains: Kerosene.

To KEEP STEEL KNIVES FROM RUSTING.—When steel knives are not in constant use always wrap them in tissue paper and lay them away. This quite prevents them from rusting, and so saves the bother of cleaning them when they are required again.

To CLEAN LAMP CHIMNEYS.—An excellent way of cleaning lamp chimneys is to hold the glass over the spout of the kettle of boiling water until it becomes well steamed, then polish with a clean dry cloth, and the glass will be beautifully bright.

A GREASY STOVE.—To remove grease from a stove try this plan: Dip a cloth in dry soot and rub this well over the greasy parts, then apply the blacklead, and the spots will at once disappear.

SCRATCHES ON FURNITURE.—The following mixture is excellent for removing scratches from furniture. Mix equal parts of linseed oil and turpentine, dip a flannel into it, and rub well into the scratched parts. Polish with a soft duster, and you will find that the scratches will be almost invisible.

LINOLEUM CREAM.—1 lb. white beeswax, 3 oz. pearl ash (potash), 1 quart of turps, 6 pints of water. Cut the wax finely, put into a pan or kerosene tin and keep on the fire until quite melted; then take off the fire, add turps and pearl ash; stir till cool. It is important that you keep on stirring till cool. Put away in tins, such as syrup tins with a cover. Be very careful not to let any flames come near the mixture as it is highly inflammable, and consequently dangerous.

ARTISTIC NICK-NACKS.

NURSERY RUG.—Sew together enough felt of light blue colour to make a six foot square. Cut paper patterns in outline of such animals as the cat, dog, horse, elephant, rat, etc., and cut these animals from red and yellow flannel. Paste them on to the felt and fasten them down with buttonhole stitch. Add a few stitches with black and white thread to bring out their features and the result will be an interesting menagerie for the nursery floor.

DAINTY CUSHIONS.—Very dainty cushions for summer use can be fashioned of cretonne and fine white lawn. Make the foundation for the cushion of cretonne, choosing one with a bold flowered design. Fashion a detachable cover of thin white lawn or organdie. When the cushion is slipped into the white cover, it has a pretty misty, filmy effect. It also protects the better cover and is easily laundered. Cretonne laundry bags, made in this manner, with embroidered initials, matching in colour the dominant note of the cretonne, are very ornamental.

To set drawings take three parts milk and one part water. Lay the drawing face upwards on a tray. Pour the milk and water completely over it, then hang it up to drain, and the drawing will be as secure as a print.

HOME NURSING.

PREPARATION FOR BED-RIDDEN PATIENTS.—When the skin is broken the following should be applied daily with a feather:—The white of 1 egg beaten up with 1 tea-spoon spirits of wine.

BURNS OR SCALDS.—Carbonate of soda or cornflour gives instant relief to a burn or scald. It may be applied either wet or dry to the burned part. The sense of relief is magical. It seems to draw out the heat, and with it the pain. The white of an egg smeared on the burn or scald, kept moist and exposed, will also give instant relief.

CAMPHOR LINTIMENT.—Ingredients: 6 oz. olive oil, 1½ oz. camphor. Cut the camphor fine and dissolve it in the oil by a gentle heat. Uses.—Chapped hands or swelling. In cases of quinsy a flannel may be wet with it and applied to the throat.

CHAPPED HANDS.—Wash the hands well in warm water and soap, and after rinsing off the soap, take a small portion of honey while the hands are yet wet and rub it well in. Let it stay a short time and pat the hands dry with a towel.

COUGH MIXTURE AND TONIC.—Take 3 new-laid eggs. Place them whole in a basin. Then squeeze lemons on till covered with juice. Strain out pips from lemon-juice first. Take out the eggs after 3 days and break them up. Take out any hard shell, but retain the dissolved shell. Mix together 3 oz. honey, 2 oz. sugar candy, crushed very fine, ½ pint best old rum. Beat the eggs and lemon juice well. Then add the other ingredients, and beat well together. Put in a bottle, and keep well corked. Dose.—A wineglassful first thing every morning.

LINSEED TEA (FOR COUGHS).—Ingredients: 1 small teacup linseed, 1 tablespoon honey, 1 slice of lemon, 1 quart of cold water, 1 piece of Spanish liquorice as large as thumb. Put linseed into a saucepan with the water. Let it come slowly to the boil. Let it simmer for 2 hours. Put in honey and liquorice well broken up. Let it all be well dissolved. Dose.—In frequent sips. Sugar or sugar candy may be used if no honey at hand.

218. COOKERY BOOK OF GOOD AND TRIED RECEIPTS

CURE FOR DIARRHOEA.—40 drops of oil of peppermint, 50 drops of laudanum, $\frac{1}{2}$ pint of brandy. Dose.—Take 1 tablespoonful in the same quantity of water; repeat the dose in 10 minutes. If the symptoms are not relieved, continue taking the medicine at intervals of $\frac{1}{2}$ an hour. For adults only. This remedy has been used successfully for English cholera.

EARACHE.—In the absence of organic disease, earache may be caused by cold or by nervous derangement of the body. In the first case the proper remedy is warmth: in the other, attention should be directed to the restoration of the body to a healthy standard.

CURE FOR HEADACHE AND FATIGUE.—Put the feet into hot mustard and water and keep them there for 15 minutes. Excess of blood is thereby drawn away from the brain, the nervous strain is lifted; it is really a rest cure.

TO CURE HICCOUGHS.—Take 1 teaspoonful of common vinegar. This simple remedy has never been known to fail.

CURE FOR INDIGESTION.—Glycerine will cure indigestion. Mix a teaspoonful of glycerine with a wineglassful of water, and take it with or directly after each meal, until the enemy is ousted, which in an ordinary case will be only a few days, and in a very obstinate case about a fortnight. The same treatment should be repeated if the indigestion manifests itself again.

TO PREVENT SPREAD OF INFECTION.—Few people know that an onion, cut up into 4 parts and put in a sick room, where there is any infectious disease, takes in all the infection.

TOOTHACHE.—Cure for diseased tooth not connected with rheumatism. Alum reduced to an impalpable powder, 2 drachms; nitrous spirits of ether, 7 drachms; mix and apply to tooth.

CURE FOR TOOTHACHE.—Take a small piece of sheet zinc, about as large as a sixpence, and a piece of silver, such as a shilling. Hold one on each side of the defective tooth, let them touch each other above it, and the electric current thus established will relieve the pain.

Poisoned Wounds.—Diluted carbolic acid should be poured at once on every part of a poisonous wound; afterwards give internal stimulants.

HOARSENESS.—For hoarseness and cold in the throat a lemon baked like an apple; the hot juice squeezed over a lump of sugar is an excellent remedy.

FOR BLEEDING AT THE NOSE.—Move the jaws vigorously as if in the act of mastication. In the case of a child give a wad of paper and make the patient chew it hard.

BREATHING EXERCISE.—The first thing in the morning, standing by an open window, with heels together, head erect, shoulders down, and the body practically presenting a straight line from neck to heel, the mouth must be lightly closed, and the breath taken deliberately and noiselessly through the nose, while six is counted (in the head as the children say); this breath must be held in the lungs while twelve is mentally counted, and then it is to be quite evenly and slowly exhaled to a count of eight.

INSECT PESTS.

ANTS (To DESTROY).—Ingredients: 20 grains white arsenic, 20 grains sub-carbonate of potash, 3 teaspoonfuls of sugar. Mix in $\frac{1}{2}$ cup of water. Place the cup in a pan of water till it boils. Set in saucers near ant holes. Label poison.

To DESTROY MOTHS, BUGS, &c.—Make a very strong solution of alum and hot water, and apply to crevices with a brush. Wet the edges of carpets that are moth-infested with the solution and it will be found effective.

MOTHS IN CARPETS.—Before putting down a carpet wash the boards over with turpentine. This is a safe-guard against moths. They dislike the smell of turpentine, and are not likely to attack carpets if the floor next them has been washed over with it.

FLIES (To RAXISH).—A simple way of getting rid of flies from a room is to heat a poker, and put it on a piece of camphor, which will give off fumes which are most disagreeable to flies and other insect pests.

To keep moths from clothing sprinkle with pepper, and keep it in a box with a cake of camphor.

To prevent mosquito bites spray with tincture of insect powder.

For the bites or stings of insects apply liquid ammonia or a mixture of toilet vinegar and glycerine. If neither is at hand use the laundress's blue bag, damp.

LAUNDRY HINTS.

A FEW PRACTICAL HINTS ABOUT WASHING AND STARCHING.—Zephyrs and cambrics of delicate hues are apt to run, and this may be prevented by soaking them before washing for $\frac{1}{2}$ an hour in cold water, with $\frac{1}{2}$ a packet of Epsom salts (the latter is a good substitute for ordinary salt, which is more generally used, but which causes the garment so treated to become damp and clammy in wet weather). Lift out the article without wringing or squeezing it, and hang it dripping wet in the shade. When it is perfectly dry, wash it in the usual way; use good white soap, the common yellow variety must not be employed, neither must soda nor soap powder. Darker-hued cambrics should be rinsed in cold water to which has been added a teacupful of vinegar to every gallon of water. Navy blue and black prints, cambrics and sateens should be washed in warm suds with $\frac{1}{2}$ a packet of Epsom salts, and should be rinsed in very blue water. After a garment has had the soap thoroughly rinsed out of it, it should be stiffened either with starch or gum arabic. Starch may be used for white things and light prints, but it would leave white streaks on the dark ones, so gum arabic must take its place for these. To make good starch, mix the raw material to a thick smooth paste with cold water, add a pinch of borax, then pour boiling water upon it, stirring all the time with a candle until it thickens. Last of all stir in a tablespoon of turpentine. Turn each article to be starched wrong side out before immersing it, and do this while the mixture is as hot as one's hands can bear it. The stiffening for black and navy prints is made by dissolving an ounce of gum arabic in cold water, and then pouring a quart of boiling water upon it, stirring all the time. This must

also be used while hot. All prints should be hung wrong side out in the shade to dry. Figured cambrics or zephyrs having a white ground should not be put into hot or cold water; only warm suds should be used. Linen frocks and blouses should first be soaked in cold water, then soaped well and rubbed clean with the hands.

To WASH BLANKETS.—Mode: Put 2 large teaspoonfuls of borax and 1 pint of soft soap into a tub of cold water. When these are dissolved, put in the blankets, and let them remain overnight. Next day rub out and rinse thoroughly in 2 or 3 waters, and hang them up to dry. Do not wring them. It is better to dissolve the borax and soft soap in a saucepan.

To WASH CLOTHES.—To every $2\frac{1}{2}$ gallons of water allow 1 lb. yellow soap, and 1 tablespoonful of kerosene. Boil together for half an hour in the copper. When lukewarm, put the linen in, and soak all night. In the morning, light a small fire underneath, and bring the contents slowly to a gentle boil, which must be kept up for $\frac{1}{2}$ an hour. Remove the linen, wring it out, and then wash a little in the usual way, and rinse well. Unless the clothes are very dirty they will hardly need any rubbing at all. Only white clothes must be treated in this way.

To CLEAN CHIFFON.—Chiffon can be made to look like new by being carefully steamed; but it must first be very evenly pinned upon a box lid, length by length, to get the desired result. It takes time to pin and unpin, and pin again; but unless this is done, the edge will be wavy and uneven. If it is to be used in a way that the edge will not show; then a quicker method to accomplish the result is to hold it stretched tightly between the hands. Crepe is even more satisfactory when renovated in this manner, the steam giving it the stiffness of new material, and also taking out all the dirt and dust. A veil carefully done in this way will leave nothing to be desired.

To CLEAN IRONS.—Clean with bath-brick or Wellington knife powder and a little kerosene. Take care not to scratch. Rub well round the edges, and dry with a

piece of flannel. Boil them for 20 minutes in the copper after washing; then put them in a tub of clean cold water, dry thoroughly at once, and put away. It is impossible to get a good effect with dirty scratched irons.

To RENOVATE BLACK OR DARK MATERIAL.—Dark skirts can be freshened by sponging with strong blue water.

To WASH LACE.—Lace which has become discoloured by age may be bleached in the following manner: After it has been washed and dipped in blue water, rub it all over with a lather of white Castile soap and place it on a large white chin plate in the sun. When dry, rinse in cold water, and then finish in the usual manner. Black lace may be washed in a little strong tea and white soap-suds. When clean, it should be laid in a basin of strained tea for several hours, and finally rinsed in a mixture of gum arabic and tea, in the proportion of a teaspoonful of each stirred to a jelly in a pint of boiling water. Gum arabic and water are also very efficacious as a means of stiffening lace without having recourse to starch. White silk lace—such as Spanish or Maltese—should be soaked overnight before cleaning it in hot milk and borax to prevent it from turning yellow after it is washed.

To WASH SILK ARTICLES.—Coloured silk should never be soaked, but washed and ironed quickly to preserve the colour. First wash in lukewarm soapy water, then in as hot as possible. Rinse in cold, to which has been added a tablespoonful of salt and the same of vinegar. White silk is soaked in borax water, and washed the same as the coloured, except in the rinsing water, add 1 teaspoonful of methylated spirits instead of salt and vinegar. Be sure that the soap is well rinsed out of the articles. Squeeze gently, shake, and wrap tightly in a clean cloth. Iron with moderately hot iron, under muslin first then without the muslin.

To WHITEN LINEN.—A little pipeclay dissolved in the water used in washing linen saves a great deal of labour and soap, and cleanses the dirtiest linen thoroughly. This method is specially useful in towns where outdoor bleaching is generally an impossibility.

To STARCH CURTAINS CREAM COLOUR.—Make boiled starch in the usual way, using $4\frac{1}{2}$ oz. of starch for 2 pairs of curtains. Pour boiling water upon $1\frac{1}{2}$ oz. of yellow ochre in a cup and mix this with the starch directly the latter is made. Do not use the sediment of the ochre. Having starched the curtains, spread them on a clean sheet on the floor, pull them into shape, and secure sheet and curtains to the floor with pins till quite dry.

STARCH (SHIRTS AND COLLARS).—3 quarts cold water. 1 pint boiling water, 1 lb. starch, $\frac{1}{4}$ lb. borax, 1 oz. gum arabic. Dissolve gum arabic and borax in boiling water. Mix other ingredients, and leave standing for some hours. Put the mixture in covered jar; when required, stir up again, and strain a little for use as required through coarse cloth. Starch in the usual way. Polishing.—Use bare board. Dissolve $\frac{1}{2}$ teaspoonful of gum arabic in $\frac{1}{2}$ big cup of boiling water. Dip a cloth in, then rub the damp cloth on piece of borax soap, rub the collar and cuff with it; polish with polishing iron.

To WASH A WHITE SILK BLOUSE.—There are a few points to be observed in the treatment of a white silk blouse. First, it should not have soap rubbed upon it, but be washed in tepid suds. Next it should not be wrung out or hung out to dry. Squeeze it gently between the hands, roll it tightly in a clean cloth, put it away for awhile, and press it quickly under a piece of soft muslin with a moderately hot iron. Before beginning to use irons, clean them thoroughly by rubbing them on brick dust, heat them well, and polish on a piece of sheeting in which a lump of beeswax is wrapped, and then rub them on a clean rag. The ironing table should be covered with a thick blanket and clean white sheet, while a sheet of black glazed cambric should be kept to iron black or heavy prints upon. The sleeve board must also be covered with a piece of blanket and white sheeting stretched tightly upon it.

LAUNDRY BAGS.—All the newest laundry bags are buttoned at the bottom, so that the soiled clothes may be easily removed, without having to turn the bag upside

down. The bag should also have pockets, in which neck-wear, collars, and all fine articles of wearing apparel may be kept.

To take mildew from linen dip it into a solution of chloride of lime or chlorine water. The spots will instantly disappear, then wash at once in warm water.

To CLEAN WHITE CLOTH.—Ground rice is excellent for cleaning white cloth. It should be applied with a piece of clean white flannel, left for two or three hours, and then well brushed and shaken.

TOILET HINTS.

ANTISEPTIC TOOTH POWDER.—Mix 1 oz. prepared chalk 8 drops pure carbolic, any scent to taste.

HAIR WASH.—A wash that effectively cleanses the skin of the head, overcoming the dangerous disease which causes it to fall off, may be prepared as follows:—1 oz. rosemary, 3 gills of water, 1 oz. southernwood, 2 oz. compound spirit ammonia, 3 oz. olive oil.

To cleanse a sponge dissolve $\frac{1}{2}$ oz. oxalic acid in 2 pints water. Leave the sponge in this for some time, then rinse well with cold water.

To wash the hair beat up the yolk of an egg in a pint of warm water. Cleanse the hair with this, then rinse with clean tepid water.

To clean gold chain put it in a small bottle with a little tooth powder, some soap, and warm water. Shake violently, then rinse the chain in cold water, and dry with a towel.

To strengthen the eyes bathe them with tepid water and salt. One tablespoonful to a quart of water.

To wash brushes mix 1 teaspoonful liquid ammonia with 1 pint water. Shake the brushes in it till white, then rinse in cold water, and stand on end in the sun to dry.

To clean Suede gloves, put them on "trees" or on your hands and rub them well with fine oatmeal, which should finally be brushed off with a soft nail-brush. Any obstinate stains may be removed with benzine, applied on a piece of clean flannel.

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Montgomery
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